



Maple-Apple Party Riblets

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

Ingredients

- 2 lb baby back ribs
- 0.5 cup maple syrup
- 0.3 cup apple jelly
- 1 tablespoon soya sauce
- 0.3 cup chives fresh chopped
- 0.5 teaspoon ground mustard

Equipment

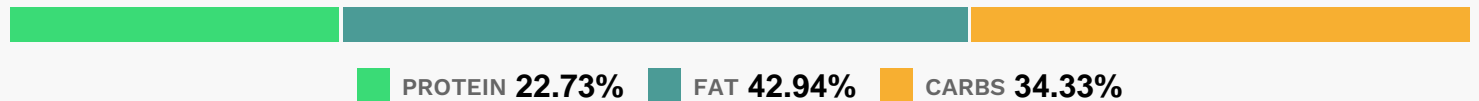
- frying pan

- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 450°F. Line 15x10x1-inch pan with foil.
- Place meaty sides down in foil-lined pan; cover with foil.
- Bake 30 minutes.
- Meanwhile, in 1-quart saucepan, stir together remaining ingredients. Cook over low heat 8 to 10 minutes, stirring occasionally, until hot and well blended.
- Remove from heat.
- Reduce oven temperature to 350°F.
- Remove ribs from oven. Uncover; drain liquid from ribs. Turn ribs meaty sides up; brush with 1/2 of syrup mixture.
- Bake uncovered 30 minutes.
- Brush with remaining syrup mixture; bake 10 to 15 minutes longer or until ribs are tender and glazed.

Nutrition Facts



Properties

Glycemic Index:18.94, Glycemic Load:8.94, Inflammation Score:-1, Nutrition Score:9.751304268837%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 246.26kcal (12.31%), Fat: 11.73g (18.05%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 20.91g (7.61%), Sugar: 17.28g (19.2%), Cholesterol: 49.29mg (16.43%), Sodium: 193.1mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.95%), Selenium: 22.43µg (32.05%), Vitamin B2:

0.49mg (28.63%), Vitamin B3: 4.96mg (24.82%), Manganese: 0.49mg (24.59%), Vitamin B1: 0.34mg (22.99%),
Vitamin B6: 0.31mg (15.52%), Zinc: 1.99mg (13.24%), Phosphorus: 116.72mg (11.67%), Potassium: 239.31mg (6.84%),
Vitamin B12: 0.4µg (6.67%), Vitamin B5: 0.6mg (6%), Vitamin D: 0.79µg (5.24%), Calcium: 48.14mg (4.81%),
Magnesium: 17.97mg (4.49%), Copper: 0.08mg (4.07%), Iron: 0.7mg (3.9%), Vitamin K: 2.67µg (2.54%), Vitamin C:
1.67mg (2.02%), Vitamin A: 70.17IU (1.4%), Vitamin E: 0.19mg (1.29%)