



## Orange-Chipotle Glazed Country-Style Ribs

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**24**

CALORIES



**88 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 chipotle peppers in adobo sauce canned
- 0.3 cup a.1. original sauce
- 0.8 cup orange juice
- 1.5 oz loaves piloncillo finely chopped (Mexican brown loaf sugar)
- 2 lb pork ribs boneless country-style ()

### Equipment

- bowl
- blender

grill

## Directions

- Heat grill to medium-high heat.
- Grill ribs 6 min. on each side. Meanwhile, blend remaining ingredients in blender until smooth.
- Reserve 3/4 cup sauce; brush ribs with some of the remaining sauce. Grill 20 to 25 min. or until done, turning occasionally and brushing with remaining sauce.
- Remove from grill.
- Let stand 5 min. Meanwhile, bring reserved sauce to boil; simmer on medium-low heat 5 min., stirring frequently.
- Cut ribs into bite-size pieces; place in large bowl.
- Add sauce; toss to coat.

## Nutrition Facts

 **PROTEIN 19.33%**  **FAT 64.65%**  **CARBS 16.02%**

## Properties

Glycemic Index:2.17, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:2.7113043358954%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 87.95kcal (4.4%), Fat: 6.21g (9.55%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 3.32g (1.21%), Sugar: 3.01g (3.35%), Cholesterol: 21.17mg (7.06%), Sodium: 60.95mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Selenium: 5.83µg (8.33%), Vitamin B6: 0.16mg (7.75%), Vitamin B3: 1.26mg (6.32%), Vitamin B1: 0.09mg (6.09%), Vitamin C: 3.88mg (4.7%), Zinc: 0.67mg (4.44%), Vitamin D: 0.61µg (4.06%), Vitamin B2: 0.07mg (4.04%), Phosphorus: 38.63mg (3.86%), Potassium: 79.53mg (2.27%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.1µg (1.68%), Iron: 0.3mg (1.67%), Magnesium: 5.09mg (1.27%), Copper: 0.02mg (1.23%)