



Pineapple Glazed Pork Ribs

 Gluten Free

READY IN



210 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup five-spice powder chinese
- ☐ 2 pounds baby back pork ribs
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup rum dark
- ☐ 8 servings cilantro leaves fresh chopped for garnish
- ☐ 2 inch ginger fresh with the flat side of a knife
- ☐ 2 garlic cloves smashed
- ☐ 0.3 cup hoisin sauce

- ☐ 0.3 cup catsup
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 cup soya sauce low-sodium
- ☐ 1 pineapple fresh whole cubed peeled
- ☐ 1 chile fresh red sliced thin
- ☐ 3 tablespoons rice vinegar
- ☐ 2 tablespoons sesame oil toasted
- ☐ 1 tablespoon sesame seed toasted for garnish
- ☐ 2 tablespoons butter unsalted

Equipment

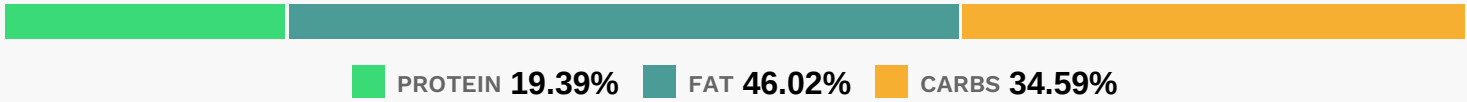
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ roasting pan
- ☐ broiler
- ☐ cleaver

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ Rub the ribs all over with the sesame oil; season generously with five-spice powder, salt, and pepper. Arrange the ribs in a single layer in a shallow roasting pan and roast for 2 to 2 1/2 hours.
- ☐ To prepare the pineapple glaze: In a saucepan over medium heat melt the butter and add the pineapple chunks; saute for 3 minutes.
- ☐ Add the soy sauce, rum, hoisin sauce, ketchup, vinegar, brown sugar, chile, garlic, and ginger. Bring to a slow simmer and cook, stirring, until thickened, about 20 minutes. Pull out the ginger pieces.
- ☐ Pour the glaze into a blender and puree until smooth.

- ☐
- In the last 30 minutes of cooking, baste the ribs with some of the glaze. When they are done, the pork will pull away from the bone and you will see about 1/2-inch of bone showing. When you are ready to eat, baste the ribs with more glaze and stick them under the broiler for 5 to 8 minutes to give the ribs a nice crust. (Watch them carefully as they can easily burn.) Separate the ribs with a cleaver or sharp knife, pile them onto a platter, and pour on the remaining sauce.
- ☐
- Sprinkle with sesame seeds and chopped cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:39.71, Glycemic Load:8.25, Inflammation Score:-6, Nutrition Score:21.275652128717%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 414.82kcal (20.74%), Fat: 20.25g (31.16%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 30.82g (11.21%), Sugar: 22.26g (24.73%), Cholesterol: 57.08mg (19.03%), Sodium: 1422.83mg (61.86%), Alcohol: 5.01g (100%), Alcohol %: 2.23% (100%), Protein: 19.2g (38.39%), Vitamin C: 64.4mg (78.06%), Manganese: 1.46mg (73.21%), Selenium: 23.43µg (33.47%), Vitamin B3: 6.35mg (31.75%), Vitamin B1: 0.47mg (31.34%), Vitamin B6: 0.6mg (29.82%), Iron: 4.44mg (24.68%), Vitamin B2: 0.39mg (23.18%), Phosphorus: 222.34mg (22.23%), Zinc: 2.75mg (18.36%), Copper: 0.35mg (17.64%), Magnesium: 69.29mg (17.32%), Potassium: 595.12mg (17%), Fiber: 3.43g (13.72%), Calcium: 117.64mg (11.76%), Vitamin B5: 1.03mg (10.3%), Folate: 40.51µg (10.13%), Vitamin B12: 0.41µg (6.77%), Vitamin A: 291.78IU (5.84%), Vitamin D: 0.84µg (5.59%), Vitamin E: 0.64mg (4.26%), Vitamin K: 3.06µg (2.91%)