



## Plum Glazed Pork Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



115 min.

SERVINGS



6

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 pounds baby back ribs
- 12 fluid ounces chili sauce
- 10 ounces plum sauce
- 0.3 cup soya sauce

### Equipment

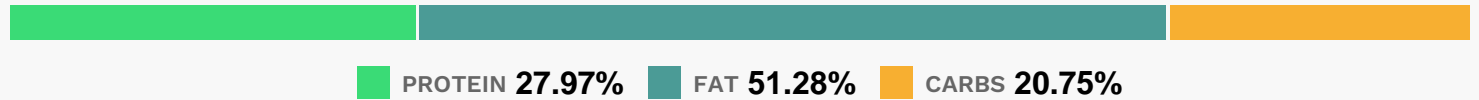
- sauce pan
- oven
- roasting pan

aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Prepare a shallow roasting pan with foil and spray the foil with non stick cooking spray.
- Place ribs on foil and bake uncovered 45 minutes.
- While ribs are baking, heat chili sauce, plum sauce and soy sauce in a 1 quart saucepan to boiling; stirring constantly. Set aside.
- After ribs have cooked for 45 minutes brush them with 1/2 cup of the sauce and place back in oven and bake until tender; 45 to 60 minutes. While ribs are baking, brush them 2 or 3 times with the remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:26.263912947282%

## Nutrients (% of daily need)

Calories: 627.23kcal (31.36%), Fat: 35.68g (54.89%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 30.65g (11.14%), Sugar: 8.03g (8.92%), Cholesterol: 147.88mg (49.29%), Sodium: 1773.12mg (77.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.79g (87.57%), Selenium: 66.71µg (95.31%), Vitamin B3: 16.33mg (81.65%), Vitamin B1: 1.05mg (69.79%), Vitamin B6: 1.06mg (52.76%), Vitamin B2: 0.75mg (44.09%), Phosphorus: 383.77mg (38.38%), Zinc: 5.67mg (37.8%), Potassium: 891.06mg (25.46%), Vitamin B12: 1.2µg (20%), Vitamin B5: 1.82mg (18.17%), Iron: 3.01mg (16.71%), Copper: 0.32mg (16.09%), Vitamin D: 2.36µg (15.72%), Magnesium: 50.92mg (12.73%), Vitamin C: 9.7mg (11.76%), Vitamin E: 1.65mg (11%), Vitamin A: 469.62IU (9.39%), Calcium: 85.87mg (8.59%), Fiber: 1.83g (7.31%), Manganese: 0.12mg (5.96%), Vitamin K: 3.08µg (2.93%), Folate: 9.9µg (2.47%)