



## Pork Loin Rib Ends Seared, Braised and Glazed

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup orange marmalade
- 3 slices bacon chopped
- 12 ounces beer
- 1 teaspoon pepper black
- 1 tablespoon brown sugar
- 3 carrots sliced
- 2 rib celery stalks thick sliced

- 0.3 teaspoon pepper
- 3 sprigs thyme sprigs fresh
- 2 garlic clove
- 3 garlic clove sliced
- 1 tablespoon honey
- 0.3 cup liquid sweetener
- 0.3 cup olive oil
- 1 onion chopped
- 1 teaspoon oregano dried
- 3 lbs pork stew meat (country style
- 1 teaspoon salt
- 0.5 cup spring onion chopped
- 0.5 teaspoon paprika smoked
- 1 cup water hot
- 1 tablespoon worcestershire sauce

## Equipment

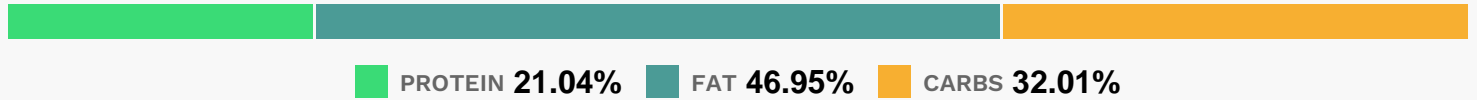
- pot
- blender
- grill

## Directions

- In a blender add all the marinade ingredients and blend till chunky smooth. Rub into ribs all the marinade, place in a zip lock bag. Refrigerate for 6 hours or over night. Preheat grill to 350. Over direct heat cook bacon in a heavy bottom pot. I use mu cast iron. Meanwhile sear ribs just to brown.
- Add the onion, carrots, celery, garlic and cook for 3-5 minutes.
- Add hot water, thyme, and seared ribs.
- Add beer just to rim of ribs.

- Place top on pot and move to indirect heat. Close grill top. Grill for 1 1/2 - 2 hours till tender. Go enjoy a drink and a dip in the pool.
- Mix braising liquid, honey and marmalade.
- Brush ribs with glaze.
- Place over direct heat to bubble and brown. Just a couple minutes each side.
- Serve the veggies along side the ribs.

## Nutrition Facts



### Properties

Glycemic Index: 73.31, Glycemic Load: 12.19, Inflammation Score: -10, Nutrition Score: 25.434782816016%

### Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

### Nutrients (% of daily need)

Calories: 600.91kcal (30.05%), Fat: 30.98g (47.66%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 47.52g (15.84%), Net Carbohydrates: 45.47g (16.53%), Sugar: 39.04g (43.38%), Cholesterol: 116.35mg (38.78%), Sodium: 636.39mg (27.67%), Alcohol: 2.21g (100%), Alcohol %: 0.74% (100%), Protein: 31.24g (62.47%), Vitamin A: 5353.18IU (107.06%), Selenium: 51.13µg (73.05%), Vitamin B6: 0.97mg (48.65%), Vitamin B1: 0.63mg (41.97%), Phosphorus: 337.34mg (33.73%), Zinc: 4.5mg (30.02%), Vitamin B3: 5.78mg (28.89%), Vitamin K: 29.78µg (28.36%), Vitamin B2: 0.45mg (26.75%), Vitamin B5: 2.62mg (26.21%), Vitamin B12: 1.54µg (25.68%), Potassium: 728.21mg (20.81%), Vitamin E: 2.1mg (13.99%), Iron: 2.25mg (12.5%), Manganese: 0.24mg (12.1%), Magnesium: 48.12mg (12.03%), Copper: 0.21mg (10.72%), Vitamin C: 8.08mg (9.8%), Calcium: 87.35mg (8.73%), Fiber: 2.05g (8.22%), Vitamin D: 1.08µg (7.17%), Folate: 22.48µg (5.62%)