



 **58%**
HEALTH SCORE

Spice-rubbed Chipotle-Molasses Ribs

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

READY IN



175 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup ancho chili powder
- 2 tablespoons mustard dry
- 0.3 cup ginger coarsely chopped
- 2 teaspoons ground pepper
- 2 tablespoons ground coriander
- 2 tablespoons ground cumin
- 1 tablespoon ground pepper black
- 2 tablespoons kosher salt

- 2 teaspoons oregano dried
- 0.3 cup paprika spanish
- 24 ribs pork ribs
- 1 cup soya sauce

Equipment

- food processor
- bowl
- sauce pan
- oven
- roasting pan

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Combine all spices in a bowl. Rub ribs on both sides with spice mixture.
- In a saucepan over medium-high heat, combine the soy sauce, 2 cups of water, and the ginger and bring to a boil.
- Pour the mixture into the bottom of a roasting pan and place the ribs on a rack in the pan.
- Brush with the Chipotle-Molasses Sauce.
- Place in the oven and bake for 1 1/4 to 1 1/2 hours, basting every 15 minutes with the sauce.
- tablespoons canola oil
- large Spanish onion, coarsely chopped
- cloves garlic, coarsely chopped
- tablespoons ancho chili powder
- tablespoon pasilla chili powder
- tablespoon New Mexican chili powder
- cups canned plum tomatoes with juices, pureed
- cup water

- 1/4 cup ketchup
- 1/4 cup red wine vinegar
- 2 tablespoons Worcestershire sauce
- 1/4 cup dark brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 tablespoons Dijon mustard
- 1 chipotle chile in adobo, pureed
- 1/2 cup smooth peanut butter
- Salt and freshly ground black pepper
- Heat the oil over medium heat in a heavy-bottomed medium saucepan.
- Add the onion and garlic and cook until translucent, 3 to 4 minutes.
- Add the chili powders and cook for 1 minute.
- Add the tomatoes and water, bring to a boil, and simmer for 10 minutes.
- Add the remaining ingredients, except the peanut butter, and simmer for an additional 20 to 30 minutes or until thickened slightly, stirring occasionally.
- Transfer the mixture to a food processor with the peanut butter and puree until smooth. Season with salt and pepper, to taste.
- Pour into a bowl and allow to cool at room temperature.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:43.581304127755%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 271.51kcal (13.58%), Fat: 12.63g (19.43%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 15.93g (5.79%), Sugar: 6.19g (6.88%), Cholesterol: 4.8mg (1.6%), Sodium: 7711.34mg (335.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Vitamin A: 18309.16IU (366.18%), Vitamin E: 23.52mg (156.78%), Fiber: 24.23g (96.91%), Manganese: 1.82mg (91.15%), Iron: 15.09mg (83.81%), Vitamin B6: 1.49mg (74.6%), Vitamin K: 72.81µg (69.34%), Vitamin B3: 10.08mg (50.38%), Potassium: 1499.94mg (42.86%), Vitamin B2: 0.71mg (41.91%), Copper: 0.8mg (39.77%), Magnesium: 155.04mg (38.76%), Phosphorus: 326.72mg (32.67%), Selenium: 22.21µg (31.73%), Calcium: 290.52mg (29.05%), Zinc: 3.54mg (23.6%), Vitamin B1: 0.27mg (17.83%), Vitamin C: 14.43mg (17.49%), Folate: 41.6µg (10.4%), Vitamin B5: 0.88mg (8.81%)