






 **69%**
HEALTH SCORE

Spiced Pork Ribs with Guava Glaze and Orange-Habanero Mojo

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

165 min.

SERVINGS

4

CALORIES

1696 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 4 tablespoons ancho chile powder
- 1 tablespoon pepper black freshly ground
- 2 tablespoons canola oil
- 4 servings canola oil
- 4 sprigs cilantro leaves chopped
- 0.3 cup dijon mustard
- 3 inch ginger fresh thinly sliced

- 4 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 4 tablespoons ground cumin
- 0.5 habanero chile
- 2 cups guava jelly
- 3 tablespoons kosher salt
- 0.5 cup juice of lime fresh
- 1 teaspoon lime zest
- 0.5 cup orange juice fresh
- 2 cups orange juice freshly squeezed
- 1 teaspoon orange zest
- 2 racks pork ribs fat trimmed
- 1 small onion red finely chopped
- 4 servings salt and pepper black freshly ground
- 1 cup soya sauce plus more if needed
- 4 cups water plus more if needed

Equipment

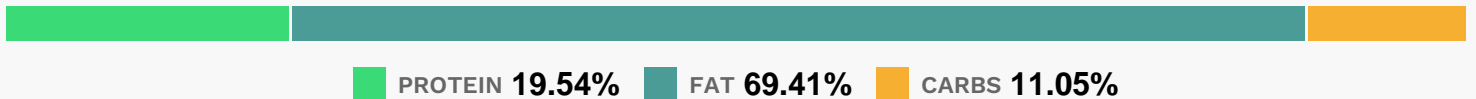
- bowl
- frying pan
- whisk
- roasting pan
- grill
- cutting board

Directions

- Mix together the cumin, ancho, salt and pepper in a small bowl.
- Heat grill to medium. Rub each rack with a few tablespoons of the spice mixture.
- Drizzle with oil and grill until golden brown and a crust as formed, about 10 minutes.

- Remove the ribs to a platter. Using side towels, lift the grate off the grill and place the roasting pan with the Steaming Liquid mixture on top of the coals or heat source. Return the grate to the grill.
- Return the ribs to the grill, rub side up, brush with some of the Guava Glaze, close the lid and continue grilling the pork, brushing with the guava glaze every 10 minutes until tender, about 1 1/2 hours. (If the steaming liquid evaporates before ribs are tender, add more soy and water to the pan)
- Remove ribs from the grill to a cutting board, brush with more of the glaze and let rest for 10 minutes.
- Cut the ribs, place on a platter and drizzle with the Orange-Habanero Mojo.
- Combine all ingredients in a heavy duty roasting pan.
- Whisk the guava jelly, Dijon mustard and orange juice together in a medium bowl and season with salt and pepper, to taste.
- Heat oil in a pan on the side burner of the grill or on the grates.
- Add onion and garlic and cook until soft. Stir in lime juice, orange juice, zests and habanero, and bring to a boil. Cook until reduced by half, remove habanero and season with salt and pepper. Stir in the cilantro and cumin.

Nutrition Facts



Properties

Glycemic Index:117.75, Glycemic Load:14.8, Inflammation Score:-10, Nutrition Score:63.091304364412%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 21.45mg, Hesperetin: 21.45mg, Hesperetin: 21.45mg, Hesperetin: 21.45mg Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 1695.96kcal (84.8%), Fat: 131.91g (202.94%), Saturated Fat: 36.46g (227.86%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 36.58g (13.3%), Sugar: 24.21g (26.9%), Cholesterol: 364mg (121.33%), Sodium:

9173.47mg (398.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.53g (167.07%), Vitamin C: 281.75mg (341.51%), Vitamin B6: 3.19mg (159.62%), Selenium: 109.23µg (156.04%), Vitamin B3: 26.53mg (132.63%), Vitamin B1: 1.8mg (120.2%), Phosphorus: 872.45mg (87.25%), Zinc: 12.84mg (85.62%), Vitamin B2: 1.44mg (84.8%), Vitamin D: 10.47µg (69.77%), Vitamin A: 3479.3IU (69.59%), Iron: 12.42mg (68.98%), Potassium: 2322.53mg (66.36%), Vitamin E: 9.52mg (63.44%), Manganese: 1.23mg (61.52%), Copper: 0.96mg (47.92%), Magnesium: 188.8mg (47.2%), Fiber: 10.67g (42.7%), Vitamin B5: 3.99mg (39.87%), Vitamin K: 36.35µg (34.62%), Vitamin B12: 1.73µg (28.82%), Folate: 112.39µg (28.1%), Calcium: 245.36mg (24.54%)