



Spicy Honey-Mustard Glazed Pork Ribs

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



8

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound baby back pork ribs
- 1 teaspoon cajun spice
- 0.5 cup cider vinegar
- 1 cup dijon mustard
- 8 servings ground pepper black to taste
- 1.5 cups honey
- 1 small onion minced
- 0.3 cup pepper flakes red crushed

- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

Equipment

- sauce pan
- grill

Directions

- Preheat grill for medium heat and lightly oil grate.
- Heat oil in a saucepan over medium heat.
- Saute minced onion for about 5 minutes, or until caramelized. Stir in honey, mustard, and vinegar. Season with crushed red pepper, Cajun seasoning, salt, and black pepper. Reduce heat, and simmer 5 minutes, stirring occasionally.
- Remove from heat, and set aside.
- Generously sprinkle ribs with salt and pepper on both sides.
- Place ribs on grill rack, cover, and open vents halfway. Cook for 35 minutes. Turn ribs once, making sure they are not being over-cooked.
- Brush tops of ribs with sauce, and cook covered for 5 to 10 minutes Turn ribs over, cover, and cook for another 5 to 10 minutes.
- Remove ribs from grill.
- Heat remaining sauce, and serve as a dipping or mopping sauce.

Nutrition Facts



PROTEIN 19.45% **FAT 42.27%** **CARBS 38.28%**

Properties

Glycemic Index:24.78, Glycemic Load:27.67, Inflammation Score:-9, Nutrition Score:23.839130349781%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 590.77kcal (29.54%), Fat: 28.88g (44.44%), Saturated Fat: 9.05g (56.58%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 54.56g (19.84%), Sugar: 53.62g (59.57%), Cholesterol: 98.59mg (32.86%), Sodium: 737.11mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.8%), Selenium: 56.54µg (80.78%), Vitamin B3: 10.83mg (54.14%), Vitamin B1: 0.74mg (49.02%), Vitamin A: 2369.53IU (47.39%), Vitamin B6: 0.81mg (40.53%), Vitamin B2: 0.56mg (32.68%), Zinc: 4.32mg (28.8%), Phosphorus: 283.05mg (28.31%), Vitamin E: 3.63mg (24.17%), Manganese: 0.38mg (19.17%), Iron: 3.24mg (18%), Potassium: 607.57mg (17.36%), Fiber: 4.3g (17.2%), Vitamin K: 14.93µg (14.22%), Vitamin B5: 1.39mg (13.89%), Vitamin B12: 0.8µg (13.34%), Magnesium: 52.33mg (13.08%), Copper: 0.26mg (12.89%), Vitamin D: 1.57µg (10.48%), Calcium: 96.28mg (9.63%), Folate: 7.32µg (1.83%), Vitamin C: 1.14mg (1.39%)