

food
network

Spicy Pork Ribs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 chillies fresh red
- ☐ 0.5 teaspoon chilli flakes dried
- ☐ 3 garlic cloves crushed
- ☐ 2 tablespoons honey
- ☐ 1 lime zest juiced
- ☐ 4 tablespoons olive oil
- ☐ 1 orange zest juiced
- ☐ 1 rack pork belly ribs

- ☐ 12 servings sea salt and pepper black freshly ground
- ☐ 2 teaspoons paprika smoked

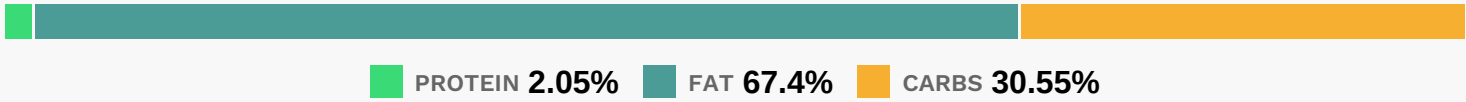
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (180 degrees C/gas 4). Pound the garlic cloves with the spices to make the spicy marinade, then add the olive oil. Cover all the pork with the marinade, then place in a roasting tray, cover with foil, and cook for 20 minutes.
- ☐ Mix the orange and lime juice and zest with the honey.
- ☐ Remove the pork from the oven take off the foil and brush the meat with the honey mix. Continue to cook at 375 degrees F (190 degrees C/gas
- ☐ for about 25 minutes, basting occasionally.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:1.98, Inflammation Score:-3, Nutrition Score:2.2191304413035%

Flavonoids

Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 60.51kcal (3.03%), Fat: 4.82g (7.41%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.35g (1.58%), Sugar: 3.41g (3.79%), Cholesterol: 0.06mg (0.02%), Sodium: 2.82mg (0.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 14.02mg (16.99%), Vitamin E: 0.87mg (5.8%), Vitamin A: 267.9IU (5.36%), Vitamin K: 4.43µg (4.21%), Vitamin B6: 0.06mg (3.08%), Manganese: 0.05mg (2.46%), Fiber: 0.57g (2.27%), Iron: 0.27mg (1.49%), Potassium: 47.55mg (1.36%), Copper: 0.02mg (1.12%)