



Sweet & sour ribs with pomegranate salsa



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



1014 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 kg pork spare rib
- ☐ 1 l carton pomegranate juice
- ☐ 10 tbsp pomegranate molasses bought (shop or see our recipe, below)
- ☐ 8 tbsp brown sugar soft
- ☐ 8 tbsp tomato ketchup
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tbsp worcestershire sauce
- ☐ 1 tbsp ginger grated

- ☐ 2 tsp ground cumin
- ☐ 2 tsp coriander seed
- ☐ 1 onion red finely chopped
- ☐ 2 tubs pomegranate seeds
- ☐ 1 chilli red finely chopped
- ☐ 2 juice of lime
- ☐ 0.5 a bunch coriander roughly chopped

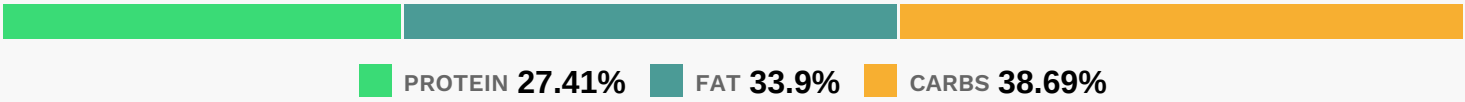
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Snugly fit the ribs into a roasting tin.
- ☐ Pour over the pomegranate juice and enough water (if needed) to cover the ribs, then cover tightly with foil. Roast for 2–3 hrs, turning halfway through, until the ribs are really tender, but not falling apart.
- ☐ Put all the sauce ingredients in a small saucepan. Gently heat, then bubble for about 2 mins, stirring. Set aside.
- ☐ When the ribs are done, tip away the liquid and coat all over with the sticky sauce. Cover and marinate in the fridge for at least 1 hr, or better still up to 24 hrs. Can be frozen at this stage.
- ☐ To make the salsa, mix together all the ingredients and chill until ready to serve.
- ☐ About 30 mins before baking, take the ribs out of the fridge to come to room temperature.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Bake for 20–30 mins, turning occasionally and basting often with the sauce, until sticky, hot and crisping on the outside.
- ☐ Serve with the salsa and flatbreads or rice, if you like.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:39.428260658098%

Flavonoids

Cyanidin: 6.31mg, Cyanidin: 6.31mg, Cyanidin: 6.31mg, Cyanidin: 6.31mg Delphinidin: 2.13mg, Delphinidin: 2.13mg, Delphinidin: 2.13mg, Delphinidin: 2.13mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 1013.66kcal (50.68%), Fat: 37.72g (58.03%), Saturated Fat: 8.06g (50.36%), Carbohydrates: 96.84g (32.28%), Net Carbohydrates: 95.23g (34.63%), Sugar: 83.74g (93.04%), Cholesterol: 191.4mg (63.8%), Sodium: 584.19mg (25.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.61g (137.23%), Selenium: 119µg (170%), Vitamin B6: 2.52mg (126.15%), Vitamin B3: 22.32mg (111.62%), Vitamin B1: 1.58mg (105.66%), Phosphorus: 736.27mg (73.63%), Potassium: 1972.49mg (56.36%), Zinc: 6.6mg (44.03%), Vitamin B2: 0.71mg (41.88%), Vitamin B5: 3.17mg (31.66%), Vitamin C: 25.42mg (30.81%), Vitamin B12: 1.78µg (29.7%), Vitamin K: 31.11µg (29.63%), Magnesium: 115.79mg (28.95%), Manganese: 0.44mg (22.21%), Iron: 3.77mg (20.96%), Folate: 76.74µg (19.18%), Copper: 0.37mg (18.56%), Calcium: 167.65mg (16.76%), Vitamin D: 2.31µg (15.4%), Vitamin E: 2.06mg (13.73%), Vitamin A: 348.9IU (6.98%), Fiber: 1.61g (6.42%)