



## Thai Wings And Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 pounds pork back ribs
- ☐ 24 chicken wings
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 tablespoons ginger fresh minced
- ☐ 1 garlic clove pressed
- ☐ 1 cup pineapple-orange-apple juice concentrate frozen undiluted
- ☐ 0.8 cup soya sauce

☐ 2 teaspoons sugar

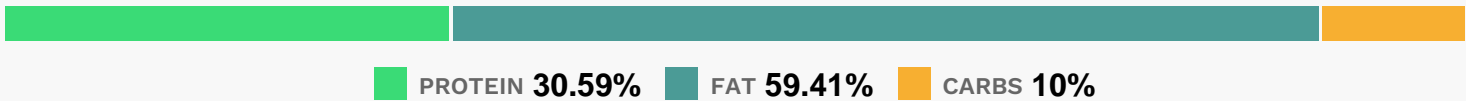
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ ziploc bags
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Cut off wingtips, and discard; cut wings in half at joint.
- ☐ Place wings and ribs in large shallow dishes or heavy-duty zip-top plastic bags.
- ☐ Stir together juice concentrate and next 6 ingredients. Reserve 3/4 cup mixture for dipping.
- ☐ Pour remaining mixture evenly over wings and ribs; cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove wings and ribs from marinade, discarding marinade.
- ☐ Place meat on racks in shallow roasting pans.
- ☐ Bake at 375 for 30 to 35 minutes or until done.
- ☐ Microwave reserved 3/4 cup sauce in a 1-cup glass liquid measuring cup at HIGH 1 to 1 1/2 minutes or until thoroughly heated, stirring once.
- ☐ Serve with wings and ribs.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:4.5417391541212%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 113.29kcal (5.66%), Fat: 7.46g (11.48%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.13g (2.37%), Cholesterol: 30.83mg (10.28%), Sodium: 241.84mg (10.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.29%), Vitamin B3: 3.02mg (15.12%), Selenium: 9.33µg (13.33%), Vitamin C: 8.8mg (10.67%), Vitamin B6: 0.19mg (9.47%), Vitamin B1: 0.11mg (7.58%), Phosphorus: 72.34mg (7.23%), Zinc: 0.83mg (5.56%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.39mg (3.93%), Potassium: 135.98mg (3.89%), Magnesium: 13.14mg (3.28%), Vitamin B12: 0.18µg (2.95%), Iron: 0.5mg (2.76%), Manganese: 0.05mg (2.42%), Copper: 0.04mg (2.06%), Folate: 7.41µg (1.85%), Vitamin E: 0.28mg (1.84%), Vitamin D: 0.22µg (1.47%), Vitamin A: 67.31IU (1.35%), Calcium: 12.27mg (1.23%)