PORK RIBS

PREPARATION: 10 MINUTES
ALLOW A FEW HOURS FOR MARINATING
BAKING: 3 HOURS
SERVINGS: 6

Nutrient Analysis

<table>
<thead>
<tr>
<th>Per Serving: ¼ of recipe</th>
<th>Renal Exchange: 4 Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>346 Kcal</td>
</tr>
<tr>
<td>Sodium</td>
<td>138 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>30 g</td>
</tr>
<tr>
<td>Potassium</td>
<td>606 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>310 mg</td>
</tr>
<tr>
<td>Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>54 mg</td>
</tr>
<tr>
<td>Sugars</td>
<td>8 g</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
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<tr>
<td>Fat</td>
<td>18 g</td>
</tr>
<tr>
<td>Magnesium</td>
<td>42 mg</td>
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<tr>
<td>Saturated</td>
<td>4 g</td>
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<tr>
<td>Vitamin C</td>
<td>5 mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>112 mg</td>
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</tbody>
</table>

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant
Pork Ribs

Ingredients

- 2 lbs of pork baby back ribs or short ribs (one large full rack)
- Spice mixture
  - 1 tablespoon Hungarian paprika or smoked paprika
  - 1 tablespoon chili powder
  - 3–4 garlic cloves, chopped finely (or 2 teaspoons dried garlic powder)
  - 1 teaspoon ground cumin
  - ¼ teaspoon ground cloves
- Glaze mixture
  - ½ cup unsweetened pineapple juice
  - 2 tablespoons honey
  - 2 tablespoons white wine vinegar (or plain white vinegar)
  - 1 teaspoon chili powder
  - ½ teaspoon black pepper
  - ½ teaspoon hot pepper flakes
  - 1 teaspoon orange or lemon zest
  - 1 tablespoon tomato paste
  - 2 tablespoons scotch or whiskey

Preparation

1. Rub the ribs on both sides with the spice mixture. Place them in a dish, cover with foil and put them in the fridge. Ideally you do this a couple of hours before baking. The longer the ribs marinate, the deeper the flavor!
2. Put the ribs on a baking sheet lined with foil. Sprinkle with water.
3. Bake for 2½ hours at 200°F (conventional oven).
4. Mix all the ingredients for the glaze in a small blender. Remove the ribs from the oven and coat the ribs, reserving excess glaze for basting.
5. Return the ribs to the oven for ½ hour at 325°F. You can also place them on your grill on low heat for 15–20 minutes, turning and basting twice.

Suggestion

✓ Serve with lemon wedges, rice and coleslaw for a tasty summer meal.

Note

✓ Leftover ribs make a great lunch snack!