



PREPARATION: 10 MINUTES

BAKING: 3 HOURS

SERVINGS: 6

ALLOW A FEW HOURS FOR MARINATING

# PORK RIBS

## Nutrient Analysis

PER SERVING:  $\frac{1}{6}$  of recipe

RENAL EXCHANGE: 4 Meat

Calories	<b>346 Kcal</b>	Sodium	<b>138 mg</b>
Protein	<b>30 g</b>	Potassium	<b>606 mg</b>
Total Carbohydrate	<b>11 g</b>	Phosphorus	<b>310 mg</b>
Fiber	<b>1 g</b>	Calcium	<b>54 mg</b>
Sugars	<b>8 g</b>	Iron	<b>2 mg</b>
Fat	<b>18 g</b>	Magnesium	<b>42 mg</b>
Saturated	<b>4 g</b>	Vitamin C	<b>5 mg</b>
Cholesterol	<b>112 mg</b>		

## 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!*

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