



Barbecued Ribs with Corn and Black-Eyed-Pea Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds purchased baby back pork ribs with barbecue sauce fully cooked
- ☐ 1 cup well-drained black-eyed peas canned
- ☐ 1 cup corn kernels cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 small bell pepper green chopped
- ☐ 2 tablespoons jalapeño chili seeded finely chopped
- ☐ 2 cups purchased tomato salsa fresh

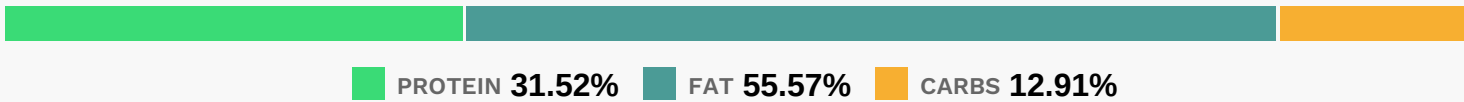
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine salsa, corn, black-eyed peas, bell pepper, cilantro, and jalapeño in medium bowl. Season to taste with salt and pepper.
- ☐ Prepare barbecue (medium-high heat). Grill ribs until heated through, about 10 minutes.
- ☐ Cut racks into 4-rib sections or cut into individual ribs.
- ☐ Serve with corn and black-eyed-pea salad.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:27.285652181377%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 507.51kcal (25.38%), Fat: 31.8g (48.93%), Saturated Fat: 11.15g (69.71%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 12.28g (4.47%), Sugar: 5.97g (6.63%), Cholesterol: 131.45mg (43.82%), Sodium: 792.28mg (34.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.59g (81.17%), Selenium: 60.17µg (85.96%), Vitamin B3: 14.43mg (72.13%), Vitamin B1: 0.98mg (65.23%), Vitamin B6: 1.04mg (52.24%), Vitamin B2: 0.66mg (38.64%), Phosphorus: 382.5mg (38.25%), Zinc: 5.5mg (36.64%), Potassium: 847.39mg (24.21%), Vitamin C: 18.22mg (22.09%), Vitamin B5: 1.98mg (19.8%), Folate: 76.2µg (19.05%), Vitamin B12: 1.07µg (17.78%), Fiber: 4.34g (17.35%), Copper: 0.33mg (16.37%), Magnesium: 64.38mg (16.1%), Manganese: 0.3mg (15.16%), Iron: 2.67mg (14.84%), Vitamin D: 2.1µg (13.97%), Vitamin E: 1.86mg (12.4%), Vitamin A: 619.03IU (12.38%), Calcium: 93.3mg (9.33%), Vitamin K: 8.03µg (7.65%)