



Barbecued Ribs with Peanut-Chipotle Sauce and Tomatillo Corn Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 1 teaspoon cayenne
- ☐ 1 tablespoon chipotle pureed canned
- ☐ 2 tablespoons brown sugar dark
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 cup corn kernels fresh
- ☐ 2 cloves garlic diced finely

- ☐ 3 cloves garlic coarsely chopped
- ☐ 4 tablespoons ginger chopped
- ☐ 2 tablespoons honey
- ☐ 1 small jalapeño finely minced
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion diced finely
- ☐ 1 tablespoon paprika
- ☐ 6 plum tomatoes coarsely chopped
- ☐ 2 pork ribs racks of
- ☐ 1 tablespoon onion diced red finely
- ☐ 1 tablespoon rice wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 cup smooth peanut butter
- ☐ 0.3 cup soya sauce
- ☐ 2 cups soya sauce
- ☐ 8 medium tomatillos husked coarsely chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce

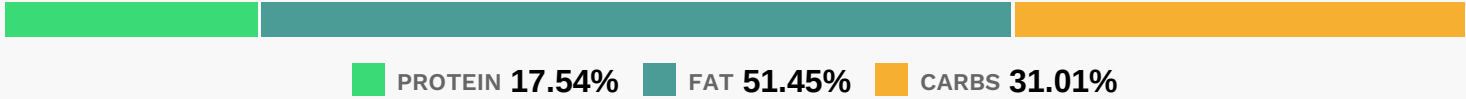
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine the soy sauce, water, ginger and garlic in a medium saucepan and bring to a boil. Turn off heat and let cool.
- ☐ Place ribs in a large roasting dish. Cover with the marinade and let marinate in refrigerator for 24 hours.
- ☐ In a large saucepan, over medium high heat, heat the butter and sweat the onion and garlic until translucent.
- ☐ Add the tomatoes and simmer for 15 minutes.
- ☐ Add the next 8 ingredients and continue cooking for 20 minutes. Puree the mixture in a food processor, pour into a bowl and whisk in the peanut butter, soy sauce, vinegar and chipotle. Preheat grill.
- ☐ Remove ribs from marinade. Grill the ribs turning and brushing with the sauce until cooked through.
- ☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:106.07, Glycemic Load:8.33, Inflammation Score:-10, Nutrition Score:32.908695645954%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 670.52kcal (33.53%), Fat: 40.77g (62.72%), Saturated Fat: 11.17g (69.84%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 46.81g (17.02%), Sugar: 32.61g (36.23%), Cholesterol: 46.69mg (15.56%), Sodium: 7980.04mg (346.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.55%), Manganese: 1.63mg

(81.4%), Vitamin B3: 14.5mg (72.51%), Vitamin A: 2869.06IU (57.38%), Vitamin B6: 1mg (49.84%), Vitamin E: 6.87mg (45.81%), Phosphorus: 454.39mg (45.44%), Magnesium: 168.73mg (42.18%), Vitamin C: 33.79mg (40.96%), Potassium: 1316.39mg (37.61%), Iron: 6.38mg (35.44%), Fiber: 8.48g (33.92%), Vitamin B2: 0.52mg (30.5%), Copper: 0.58mg (29.23%), Vitamin B1: 0.41mg (27.24%), Vitamin K: 24.48µg (23.31%), Folate: 92.85µg (23.21%), Selenium: 15.77µg (22.53%), Zinc: 3.21mg (21.41%), Vitamin B5: 1.66mg (16.58%), Calcium: 109.36mg (10.94%), Vitamin D: 1.01µg (6.76%), Vitamin B12: 0.16µg (2.7%)