



Cumin-Glazed Ribs with Avocado-Pineapple Salsa



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



40

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup ancho chile powder
- ☐ 2 racks baby back ribs 5 pounds total
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 8 garlic cloves smashed
- ☐ 0.3 cup ground cumin
- ☐ 1 large haas avocados diced
- ☐ 0.5 cup honey

- ☐ 4 jalapeños seeded thinly sliced
- ☐ 40 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 pound pineapple rings fresh cored sliced
- ☐ 0.3 cup onion diced red finely

Equipment

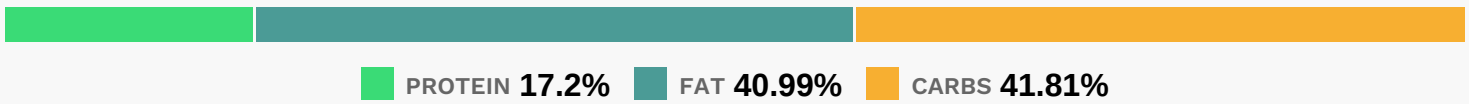
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ In a small bowl, combine the ancho powder with 1/4 cup of the cumin, 2 tablespoons of salt and 1/2 teaspoon of pepper. Set the ribs on a rimmed baking sheet and rub all over with the spice mix. Cover with plastic wrap and refrigerate for at least 2 hours or up to 10 hours.
- ☐ Preheat the oven to 35
- ☐ Add 1/4 inch of water to the baking sheet and bake the ribs for 45 minutes, until barely tender. Cover with foil and bake until tender, about 30 minutes longer.
- ☐ Pour off the pan juices.
- ☐ Meanwhile, in a blender, puree three-fourths of the jalapeos with the garlic and 1/2 cup of the lime juice. Blend in the honey and the remaining 1 tablespoon of cumin.

- ☐ Transfer the glaze to a saucepan and simmer over low heat until glossy and thickened, 15 minutes.
- ☐ Raise the oven temperature to 45
- ☐ Brush the ribs with half of the glaze. Roast until well glazed, turning once, about 20 minutes.
- ☐ Brush with the remaining glaze.
- ☐ Light a grill or preheat the broiler. Grill the pineapple rings over high heat, turning once, until lightly charred, about 5 minutes. Finely dice the pineapple and transfer to a bowl.
- ☐ Add the brown sugar, onion, cilantro, avocado and remaining jalapeo and 2 tablespoons of lime juice. Season with salt and pepper.
- ☐ Grill or broil the ribs over high heat, turning once, until caramelized, about 5 minutes.
- ☐ Cut between the bones and serve with the salsa.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:1.98, Inflammation Score:-4, Nutrition Score:4.4239130849424%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 73.97kcal (3.7%), Fat: 3.62g (5.57%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.06g (2.57%), Sugar: 6.01g (6.68%), Cholesterol: 9.78mg (3.26%), Sodium: 234mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin A: 503.51IU (10.07%), Iron: 1.45mg (8.06%), Selenium: 4.94µg (7.05%), Vitamin B6: 0.14mg (6.79%), Vitamin B3: 1.36mg (6.77%), Vitamin B1: 0.1mg (6.39%), Vitamin C: 4.6mg (5.57%), Vitamin E: 0.82mg (5.44%), Manganese: 0.1mg (5.05%), Fiber: 1.25g (5%), Vitamin B2: 0.08mg (4.42%), Potassium: 143.68mg (4.11%), Phosphorus: 39.34mg (3.93%), Zinc: 0.56mg (3.75%),

Vitamin K: 3.69µg (3.51%), Magnesium: 13.94mg (3.48%), Copper: 0.07mg (3.41%), Calcium: 28.37mg (2.84%),
Vitamin B5: 0.22mg (2.17%), Folate: 6.3µg (1.58%), Vitamin B12: 0.08µg (1.32%), Vitamin D: 0.16µg (1.04%)