



WHATSheATE



HEALTH SCORE

88%

HERDEZ® Sweet and Spicy Beef Ribs



Gluten Free



Dairy Free



Very Healthy

READY IN



210 min.

SERVINGS



4

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups beef broth
- ☐ 3 pounds beef ribs
- ☐ 4 servings cilantro leaves
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 onion sliced
- ☐ 12 ounce herdez® roasted pasilla chile mexican cooking sauce
- ☐ 4 servings water as needed to cover

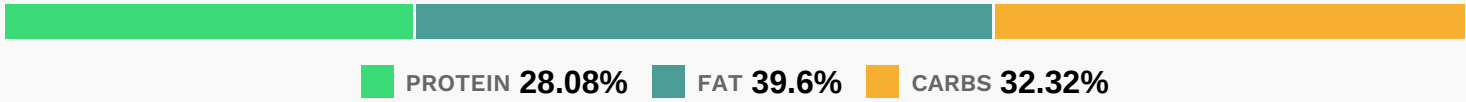
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Place broth in a large pot; add beef ribs and onion.
- ☐ Pour in enough water to cover beef. Bring mixture to a boil. Reduce heat to low and simmer until the meat pulls away from the bones, 3 to 4 hours.
- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Remove beef ribs from broth mixture and place in a baking dish.
- ☐ Mix cooking sauce and brown sugar in a bowl; pour over meat.
- ☐ Bake in the preheated oven until beef and sauce are hot, about 15 minutes.
- ☐ Serve sprinkled with chopped cilantro to garnish.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:54.362608835263%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 872.17kcal (43.61%), Fat: 39.87g (61.34%), Saturated Fat: 11.29g (70.58%), Carbohydrates: 73.23g (24.41%), Net Carbohydrates: 49.96g (18.17%), Sugar: 27.84g (30.94%), Cholesterol: 146.52mg (48.84%), Sodium: 2043.39mg (88.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.62g (127.24%), Vitamin A: 30420.67IU (608.41%), Vitamin B6: 4.66mg (232.84%), Vitamin B2: 3.21mg (188.81%), Vitamin B12: 8.75µg (145.91%), Fiber: 23.26g (93.05%), Vitamin B3: 18.38mg (91.91%), Potassium: 3112.81mg (88.94%), Zinc: 13.14mg (87.6%), Iron: 14.8mg (82.2%), Phosphorus: 770.45mg (77.05%), Manganese: 1.48mg (74%), Selenium: 42.31µg (60.44%), Magnesium: 182.42mg

(45.6%), Folate: 174.65µg (43.66%), Copper: 0.59mg (29.64%), Vitamin B1: 0.4mg (26.8%), Vitamin B5: 2.31mg (23.15%), Calcium: 167.48mg (16.75%), Vitamin C: 7.51mg (9.1%)