



Liz's Spicy Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb bell pepper stemmed seeded chopped
- ☐ 15 oz canned tomatoes diced canned
- ☐ 1 teaspoon chili flakes hot
- ☐ 5 cloves garlic minced pressed
- ☐ 4 oz chilies diced green canned
- ☐ 18 oz onions chopped
- ☐ 0.5 teaspoon pepper
- ☐ 3 pounds pork ribs country-style fat trimmed

- ☐ 1 tablespoon salad oil
- ☐ 1 cup chunky salsa thick
- ☐ 8 servings salt

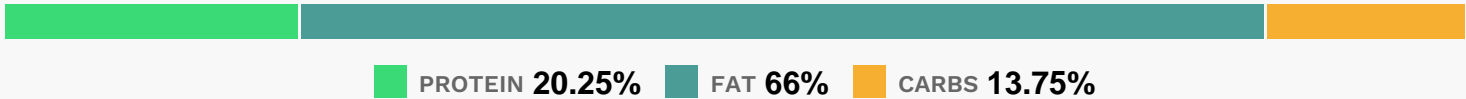
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Wipe off pork with a damp cloth.
- ☐ Pour oil into a 2-inch-deep, 12-inch frying pan or a 5- to 6-quart pan and set over high heat. When oil is hot, fill pan with a single layer of pork and brown well on all sides, 8 to 10 minutes. Lift out pork as browned, place in a bowl, and add more meat to pan. When all the meat is browned and in the bowl, discard all but 1 tablespoon fat from pan.
- ☐ Add onions, bell pepper, and garlic to pan. Stir often until onions are lightly browned, about 8 minutes. Stir in tomatoes (including juices), green chilies, salsa, hot chili flakes, and pepper.
- ☐ Return pork and accumulated juices to pan, pushing meat down into sauce. Bring to a boil, then reduce heat to low, cover, and simmer until pork is tender when pierced, 1 1/2 to 2 hours, stirring occasionally. If sauce begins to stick, stir in a little water.
- ☐ With a slotted spoon, transfer pork to a wide bowl. Skim off and discard any fat from sauce.
- ☐ Pour sauce over meat.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:21.247391140979%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg

Nutrients (% of daily need)

Calories: 406.12kcal (20.31%), Fat: 30g (46.16%), Saturated Fat: 9.17g (57.31%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 10.89g (3.96%), Sugar: 7.19g (7.99%), Cholesterol: 95.25mg (31.75%), Sodium: 588.85mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.72g (41.43%), Vitamin C: 67.52mg (81.85%), Vitamin B6: 1.06mg (52.96%), Selenium: 27.28µg (38.98%), Vitamin B3: 6.86mg (34.32%), Vitamin B1: 0.47mg (31.63%), Vitamin A: 1317.01IU (26.34%), Vitamin B2: 0.4mg (23.33%), Zinc: 3.37mg (22.45%), Phosphorus: 224.17mg (22.42%), Potassium: 684.61mg (19.56%), Vitamin D: 2.74µg (18.26%), Vitamin E: 2.16mg (14.41%), Manganese: 0.28mg (14.11%), Fiber: 3.17g (12.67%), Iron: 2.23mg (12.37%), Magnesium: 43.87mg (10.97%), Vitamin B5: 1.08mg (10.85%), Copper: 0.21mg (10.55%), Folate: 34.12µg (8.53%), Vitamin K: 8.28µg (7.89%), Vitamin B12: 0.45µg (7.54%), Calcium: 66.97mg (6.7%)