



SolaReflex Southwestern BBQ Ribs

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 cup bbq sauce your favorite
- 2 pounds beef ribs
- 1 pinch cayenne pepper
- 2 cloves garlic chopped
- 1 teaspoon garlic salt
- 1 tablespoon coarsely ground pepper black
- 1 tablespoon brown sugar light

- 0.3 cup onions finely chopped
- 1 teaspoon oregano dried
- 1 tablespoon fajita spices
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- pot
- grill
- kitchen thermometer
- toaster

Directions

- In a small bowl, mix together onions, BBQ sauce, Worcestershire, vinegar, brown sugar, pepper, fajita spices, garlic salt, oregano, cayenne, to taste, and garlic.
- Place ribs in a sealable container and pour the sauce over, turning to coat the meat with the sauce. Refrigerate and marinate at least an hour, or up to 24 hours.
- On the Sola
- Reflex 900, use a low black 3 quart pan with a clear glass lid that has a removable knob. You can also use a toaster oven size grill with drip pan inside our optional Clear box oven. Always wear sunglasses when solar cooking. Consider the focal point hot spot the same as an open flame, so use the same common sense and caution. When in direct alignment with the sun, it will reach over 900 degrees F, but normal cooking temps with the diffused hot spot directed on your pan will heat in the 350 to 500 degree F range, depending on sun angle and sky conditions.
- Center the cooking container on the support stand, then standing behind your cooking reflector, turn the Sola
- Reflex 900 towards the sun and direct the reflected bright hot spot down to the support stand and center it on right 2/3 of the meat. The hot spot will track right to left as sun moves, so realign the 900 to the same starting position in 25 to 30 minutes, or when the hot spot

falls on the left 2/3's of your meat. Reduce heating levels by moving the pot closer to the reflector, which makes a larger hot spot. The smaller the hot spot, the higher the heat level.

Push a probe thermometer through the hole left by the vacant knob, into the bottom of the thickest part of the meat. Normal cooking time on sunny days will be about 45 to 60 minutes. Bright sunny days provide the fastest cooking between 9 am and 2 pm. Partial clouds will slow cooking times and lower temps, so confirm doneness with a meat thermometer.

If the meat starts browning too much on top, open the lid and turn the meat only once to brown the other side.

Nutrition Facts


■ PROTEIN 36.58% ■ FAT 44.1% ■ CARBS 19.32%

Properties

Glycemic Index:44, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:19.220434997393%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 358.69kcal (17.93%), Fat: 17.26g (26.56%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.83g (5.76%), Sugar: 11.48g (12.75%), Cholesterol: 97.68mg (32.56%), Sodium: 988.14mg (42.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.45%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.07mg (53.81%), Vitamin B6: 0.71mg (35.36%), Selenium: 24.65µg (35.22%), Phosphorus: 335.03mg (33.5%), Vitamin B3: 5.92mg (29.58%), Manganese: 0.55mg (27.6%), Iron: 4.9mg (27.21%), Potassium: 770.89mg (22.03%), Vitamin B2: 0.29mg (16.94%), Magnesium: 48.47mg (12.12%), Vitamin B1: 0.18mg (11.86%), Copper: 0.19mg (9.35%), Calcium: 63.16mg (6.32%), Vitamin K: 6.48µg (6.17%), Vitamin B5: 0.61mg (6.1%), Fiber: 1.18g (4.73%), Folate: 14.77µg (3.69%), Vitamin C: 2.8mg (3.4%), Vitamin E: 0.3mg (1.98%), Vitamin A: 78.12IU (1.56%)