



Spicy Pork Ribs with Tangy Slaw

 Dairy Free

READY IN



275 min.

SERVINGS



20

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocados diced
- 6 racks baby back ribs
- 1 cabbage head shaved
- 1 cucumber shaved seeded
- 1 fennel bulb shaved
- 1 bunch cilantro leaves fresh chopped
- 2 cloves garlic chopped
- 1 tablespoon ground cumin

- 1 jalapeño diced
- 2 juice of lime juiced
- 1 lemon zest
- 12 ounce beer light (recommended: Miller MGD 64)
- 1 tablespoon paprika
- 1 bell pepper red sliced
- 0.5 onion red shaved
- 2 teaspoons pepper flakes red
- 2 roma tomatoes chopped
- 20 servings salt and pepper black freshly ground
- 2 tablespoons tomato paste
- 1 bell pepper yellow sliced
- 0.5 onion yellow sliced

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- grill
- aluminum foil

Directions

- For the ribs: Preheat the oven to 400 degrees F.
- Place the ribs in a deep pan and rub with the cumin paprika, red pepper flakes, 2 teaspoons salt and 2 teaspoons black pepper.
- Let sit 30 minutes.
- In the meantime, whisk together the beer, lemon zest and tomato paste.

- Pour over the ribs. Scatter the ribs with the tomatoes, bell peppers, onions and garlic. Cover tightly with foil and bake 3 hours.
- While the ribs are cooking, make the slaw: In a mixing bowl, whisk together the lime juice and avocado until the avocado is just broken up.
- Add the cabbage, cucumber, fennel, jalapeno, cilantro and onions and season well with salt and pepper. Cover and refrigerate.
- To prepare: Preheat a grill to medium-high heat.
- Remove the ribs from the oven and finish on the grill until the outside is crisp, 15 to 20 minutes.
- Serve the ribs with the slaw on the side.

Nutrition Facts

PROTEIN 30.38% **FAT 62.04%** **CARBS 7.58%**

Properties

Glycemic Index:22.95, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:26.640000053074%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 447.24kcal (22.36%), Fat: 31.03g (47.74%), Saturated Fat: 10.32g (64.52%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.27g (3.63%), Cholesterol: 117.37mg (39.12%), Sodium: 182.53mg (7.94%), Alcohol: 0.53g (100%), Alcohol %: 0.22% (100%), Protein: 34.19g (68.38%), Selenium: 52.88µg (75.54%), Vitamin B3: 12.43mg (62.13%), Vitamin B1: 0.84mg (56.11%), Vitamin C: 43mg (52.12%), Vitamin K: 50.2µg (47.81%), Vitamin B6: 0.91mg (45.46%), Vitamin B2: 0.59mg (34.96%), Zinc: 4.69mg (31.24%), Phosphorus: 307.28mg (30.73%), Potassium: 758.92mg (21.68%), Vitamin B5: 1.9mg (19.01%), Vitamin B12: 0.96µg (15.93%), Fiber: 3.69g (14.76%), Vitamin A: 684.35IU (13.69%), Copper: 0.25mg (12.58%), Vitamin D: 1.87µg (12.47%), Folate: 49.59µg (12.4%),

Magnesium: 49.22mg (12.31%), Iron: 2.21mg (12.25%), Manganese: 0.22mg (11.07%), Vitamin E: 1.39mg (9.29%),
Calcium: 91.76mg (9.18%)