



Sticky ribs with corn salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 small pork ribs
- ☐ 150 ml barbecue sauce (we used Levi Root' Reggae Reggae sauce)
- ☐ 340 g regular corn drained canned
- ☐ 0.5 cucumber diced
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 0.5 onion red chopped
- ☐ 0.5 juice of lime

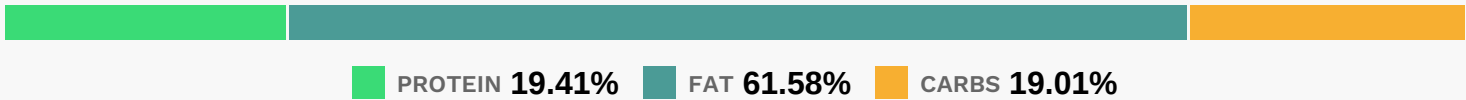
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the grill. In a large pan of water, simmer the ribs for 15 mins.
- ☐ Drain and pat dry. In a large roasting tin, toss ribs with the sauce, then grill for 8–10 mins, turning halfway, until the ribs are sticky.
- ☐ Mix the remaining ingredients in a large bowl with some seasoning.
- ☐ Just before serving, shake the tin so the ribs are evenly coated in sauce, then serve a couple of ribs per person with the salad and lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:9.5, Inflammation Score:-6, Nutrition Score:28.520434752755%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 832.33kcal (41.62%), Fat: 57.21g (88.02%), Saturated Fat: 18.07g (112.94%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 36.6g (13.31%), Sugar: 20.67g (22.97%), Cholesterol: 189.84mg (63.28%), Sodium: 662.37mg (28.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.58g (81.16%), Vitamin B6: 1.61mg (80.41%), Selenium: 53.13µg (75.9%), Vitamin B3: 12.94mg (64.7%), Vitamin B1: 0.87mg (58.23%), Zinc: 6.66mg (44.37%), Phosphorus: 426.33mg (42.63%), Vitamin B2: 0.69mg (40.75%), Vitamin D: 5.46µg (36.39%), Vitamin C: 24.46mg (29.64%), Potassium: 976.42mg (27.9%), Vitamin B5: 2.36mg (23.65%), Magnesium: 74.72mg (18.68%), Iron: 3.06mg (17.01%), Copper: 0.31mg (15.58%), Vitamin B12: 0.9µg (15.03%), Manganese: 0.29mg (14.48%), Fiber: 3.13g (12.51%), Vitamin E: 1.42mg (9.45%), Vitamin A: 461.34IU (9.23%), Folate: 31.28µg (7.82%), Calcium: 63.62mg (6.36%), Vitamin K: 5.51µg (5.25%)