



Turbo Ribs with Mango Avocado Salsa



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados diced
- ☐ 2 slabs baby back ribs whole
- ☐ 1 large bottle bbq sauce
- ☐ 12 ounce beer canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic smashed
- ☐ 1 bell pepper green minced
- ☐ 3 dashes hot sauce

- ☐ 1 jalapeño halved
- ☐ 0.5 cup jicama minced
- ☐ 1 juice of lime
- ☐ 1 mangos diced peeled
- ☐ 1 onion quartered
- ☐ 9 servings grinds pepper black freshly ground
- ☐ 16 ounce picante sauce
- ☐ 1 small onion red minced
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup worcestershire sauce

Equipment

- ☐ oven
- ☐ pot
- ☐ grill
- ☐ grill pan

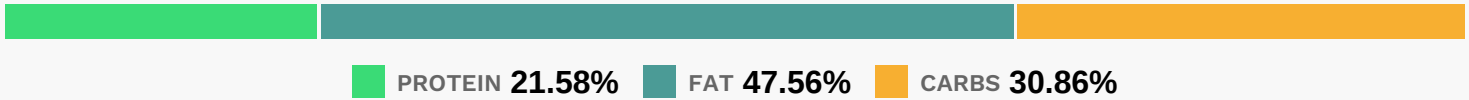
Directions

- ☐ Combine the picante sauce, beer, soy sauce, Worcestershire sauce, garlic, jalapeno, onion, lime juice, red pepper flakes, hot sauce and black pepper in a large pot and stir to combine.
- ☐ Add the ribs and bring to a boil over high heat. (If the ribs are too large for the pot, cut the slabs in half, or divide between 2 pots.) Reduce the heat and simmer the ribs for 15 minutes.
- ☐ Remove the ribs from the marinade and discard the marinade.
- ☐ Heat a grill or grill pan over medium-high heat. Grill the ribs for 15 minutes, turning one during grilling.
- ☐ Preheat the oven to 350 degrees F.

- ☐
- Brush the ribs with BBQ sauce and roast in the oven for 30 minutes, brushing with more sauce a few times throughout cooking.

☐☐

Nutrition Facts



Properties

Glycemic Index:64.04, Glycemic Load:4.87, Inflammation Score:-9, Nutrition Score:37.570434860561%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 784.68kcal (39.23%), Fat: 41.61g (64.02%), Saturated Fat: 12.48g (78.01%), Carbohydrates: 60.74g (20.25%), Net Carbohydrates: 51.78g (18.83%), Sugar: 38.17g (42.41%), Cholesterol: 130.41mg (43.47%), Sodium: 2830.49mg (123.06%), Alcohol: 2.21g (100%), Alcohol %: 0.45% (100%), Protein: 42.48g (84.95%), Selenium: 61.23µg (87.47%), Vitamin B3: 16.94mg (84.71%), Vitamin B6: 1.39mg (69.34%), Vitamin B1: 1.03mg (68.51%), Vitamin C: 49.65mg (60.18%), Vitamin B2: 0.84mg (49.46%), Potassium: 1588.51mg (45.39%), Phosphorus: 437.49mg (43.75%), Zinc: 5.81mg (38.72%), Fiber: 8.96g (35.83%), Vitamin B5: 3.02mg (30.22%), Copper: 0.56mg (27.98%), Manganese: 0.55mg (27.42%), Vitamin E: 3.99mg (26.61%), Iron: 4.66mg (25.87%), Vitamin A: 1226.79IU (24.54%), Magnesium: 97.2mg (24.3%), Folate: 93.94µg (23.48%), Vitamin K: 23.41µg (22.29%), Vitamin B12: 1.07µg (17.83%), Calcium: 163.65mg (16.36%), Vitamin D: 2.08µg (13.86%)