



Barbecue: Cherry-Smoked Vietnamese-Flavored Ribs

 Gluten Free  Dairy Free

READY IN



1440 min.

SERVINGS



4

CALORIES



1335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 3 cherries
- 3 tablespoons t brown sugar dark
- 4 servings canned tomatoes
- 0.3 cup fish sauce
- 0.3 cup cilantro leaves fresh finely chopped for garnish
- 1 tablespoon ginger fresh finely chopped

- 1 tablespoon garlic finely chopped
- 4 servings mayonnaise
- 1 tablespoon juice of lime fresh
- 2 teaspoons lime zest
- 0.3 cup orange juice fresh
- 2 tablespoons soya sauce
- 2 racks spare ribs
- 1 tablespoon tamarind paste

Equipment

- bowl
- sauce pan
- grill
- broiler
- ziploc bags

Directions

- In a small bowl mix together fish sauce, orange juice, 1/4 cup cilantro, brown sugar, soy sauce, vinegar, tamarind paste, lime zest, lime juice, garlic, and ginger to make the marinade.
- Place ribs in an extra-large resealable plastic bag and pour in marinade. Seal bag and toss to coat ribs completely with marinade. Marinate in refrigerator overnight to 24 hours.
- Remove ribs from refrigerator while preparing the smoker or grill. Fire up smoker or grill to 225°F, adding chunks of smoking wood chunks when at temperature. When the wood is ignited and producing smoke, place the ribs in smoker or grill meat side up, reserving marinade.
- Pour reserved marinade into a small saucepan and bring to a boil over high heat and boil gently for 1–2 minutes, then remove from heat.
- Smoke ribs until they have a slight bend when lifted from one end, about 5–6 hours for spare ribs, basting with marinade every hour after 2 hours of smoking.
- Remove ribs from smoker, brush meat side with remaining marinade then grill meat side down over a hot grill or place in a heated broiler meat side-up until sauce caramelizes lightly.

Let ribs cool for 5 to 10 minutes, garnish with fresh cilantro, and serve.

Nutrition Facts

PROTEIN 22.03% **FAT 72.94%** **CARBS 5.03%**

Properties

Glycemic Index:75.75, Glycemic Load:2.85, Inflammation Score:-5, Nutrition Score:39.593912684399%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.62mg, Hesperetin: 2.62mg, Hesperetin: 2.62mg, Hesperetin: 2.62mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 1335.37kcal (66.77%), Fat: 106.8g (164.31%), Saturated Fat: 34.32g (214.47%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 15.98g (5.81%), Sugar: 13.26g (14.73%), Cholesterol: 364.16mg (121.39%), Sodium: 2024.64mg (88.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.58g (145.15%), Selenium: 102.01µg (145.73%), Vitamin B6: 2.73mg (136.68%), Vitamin B3: 22.11mg (110.54%), Vitamin B1: 1.5mg (99.84%), Zinc: 11.5mg (76.69%), Vitamin D: 10.47µg (69.77%), Vitamin B2: 1.18mg (69.52%), Phosphorus: 668.63mg (66.86%), Potassium: 1275.03mg (36.43%), Vitamin B12: 1.8µg (29.98%), Vitamin B5: 2.98mg (29.82%), Magnesium: 110.9mg (27.72%), Iron: 4.79mg (26.61%), Copper: 0.42mg (20.81%), Vitamin C: 10.8mg (13.09%), Vitamin E: 1.76mg (11.74%), Manganese: 0.2mg (9.88%), Calcium: 95.51mg (9.55%), Folate: 15.92µg (3.98%), Vitamin K: 3.95µg (3.77%), Fiber: 0.59g (2.35%), Vitamin A: 112.51IU (2.25%)