

BBQ Shortribs

 Dairy Free

READY IN



220 min.

SERVINGS



6

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 4 large cloves garlic pressed
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon chili flakes red
- ☐ 0.5 cup scallions mixed white green plus more tips for sprinkling chopped and parts,
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons sesame seed plus more for sprinkling toasted
- ☐ 2 tablespoons cooking sherry

- ☐ 6 pounds short cut into thin pieces, 2 1/2 inches long
- ☐ 1 cup soya sauce
- ☐ 2 tablespoons water

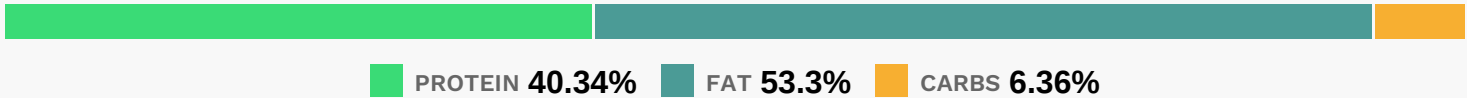
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Grind the sesame seeds in a coffee grinder until fine.
- ☐ Place the ground sesame seeds in a medium bowl and add the garlic, soy, sherry, honey, sesame oil, water, ginger, scallions, and red chili flakes; stir until thoroughly combined.
- ☐ Place the ribs in a large baking dish, pour the marinade over, and turn to coat. Cover and let marinate in the refrigerator for 2 to 3 hours.
- ☐ Preheat the grill to medium-high.
- ☐ Remove the ribs from the marinade and grill on both sides until golden brown and crispy, about 15 minutes. Reduce the heat of the grill, close the cover, and grill until tender, about 15 minutes longer.
- ☐ Remove to a platter and sprinkle with sesame seeds and green onions.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:3.74, Inflammation Score:-6, Nutrition Score:33.181304268215%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 687.9kcal (34.39%), Fat: 39.99g (61.53%), Saturated Fat: 15.23g (95.18%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.36g (3.4%), Sugar: 6.78g (7.54%), Cholesterol: 195.36mg (65.12%), Sodium: 2399.85mg (104.34%), Alcohol: 0.51g (100%), Alcohol %: 0.16% (100%), Protein: 68.11g (136.22%), Vitamin B12: 11.23µg (187.08%), Zinc: 16.34mg (108.92%), Vitamin B6: 1.45mg (72.64%), Selenium: 49.58µg (70.83%), Phosphorus: 707.72mg (70.77%), Vitamin B3: 13.18mg (65.89%), Iron: 8.9mg (49.42%), Potassium: 1343.54mg (38.39%), Vitamin B2: 0.6mg (35.31%), Magnesium: 102.8mg (25.7%), Vitamin B1: 0.37mg (24.5%), Copper: 0.42mg (21.04%), Manganese: 0.39mg (19.37%), Vitamin K: 19.35µg (18.43%), Vitamin B5: 1.24mg (12.45%), Vitamin A: 478.84IU (9.58%), Folate: 35.44µg (8.86%), Calcium: 75.37mg (7.54%), Fiber: 1.37g (5.5%), Vitamin E: 0.63mg (4.2%), Vitamin C: 2.27mg (2.75%)