



Bob's Sweet-and-Sour Grilled Jumbuck Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 0.3 cup catsup
- ☐ 6 slabs lamb loins
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup pineapple juice
- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ sauce pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat a cooker to medium to medium-high. Rub the ribs all over with the olive oil, then season with salt and pepper.
- ☐ To make the glaze, combine the pineapple juice, vinegar, and soy sauce in a small saucepan over medium heat. Cook until reduced by half, about 3 to 5 minutes.
- ☐ Add the ketchup, brown sugar, and ginger and simmer for 5 minutes. Stir in the lime juice, cilantro, and mint.
- ☐ Remove from the heat and set aside.
- ☐ Oil the grate and place the ribs on it bone side down over direct heat. Cook for 5 to 7 minutes, then turn and cook for 5 to 7 minutes more. Repeat the process for 40 to 45 minutes, or until the ribs are pull-apart tender. Move the ribs away from direct heat and glaze the bone side with sauce, then turn and glaze the meat side. Cook for 10 minutes. Repeat one or two more times, if desired.
- ☐ Transfer the ribs to a cutting board and let them rest, covered loosely with aluminum foil, for 10 to 15 minutes.
- ☐ Cut the ribs into individual pieces and serve.
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Nutrition Facts



 PROTEIN 6.14%  FAT 34.1%  CARBS 59.76%

Properties

Glycemic Index:23.33, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:2.0591304202605%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 67.7kcal (3.38%), Fat: 2.63g (4.05%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 10.12g (3.68%), Sugar: 8.18g (9.09%), Cholesterol: 0.73mg (0.24%), Sodium: 429.37mg (18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Manganese: 0.17mg (8.63%), Vitamin C: 4.27mg (5.17%), Vitamin E: 0.5mg (3.36%), Vitamin B6: 0.06mg (2.78%), Potassium: 94.94mg (2.71%), Vitamin B3: 0.52mg (2.58%), Iron: 0.41mg (2.25%), Magnesium: 8.78mg (2.2%), Copper: 0.04mg (2.11%), Vitamin K: 2.2µg (2.1%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 95.23IU (1.9%), Folate: 7.38µg (1.84%), Phosphorus: 16.4mg (1.64%), Vitamin B1: 0.02mg (1.3%), Calcium: 12.76mg (1.28%), Fiber: 0.25g (1.02%)