



Grilled Baby Backs with Sweet Soy Glaze

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



2569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 racks baby back ribs (each)
- ☐ 2 servings pepper black freshly ground
- ☐ 2 servings coarse salt (kosher or sea)
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 cloves garlic minced
- ☐ 2 servings garlic powder
- ☐ 1 large shallots minced
- ☐ 2 cups fries drained for 1 hour in water to cover, then

- ☐ 1 cup soy sauce sweet (kechap manis)
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon pepper white freshly ground to taste

Equipment

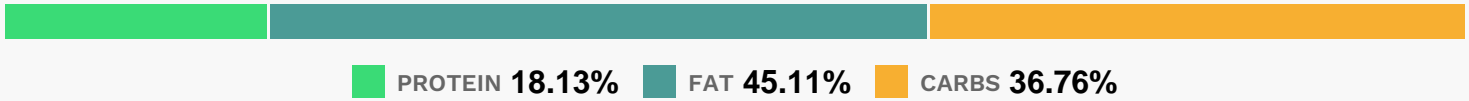
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Place the sweet soy sauce, sugar, ginger, garlic, shallot, 1/4 teaspoon of black pepper, the white pepper, and 3 tablespoons of water in a heavy saucepan over high heat and bring to a boil.
- ☐ Let the glaze boil until thick and syrupy and reduced to about 1 1/3 cups, 4 to 6 minutes, stirring often. If the glaze becomes too thick, add 1 to 3 additional tablespoons of water. The sweet soy glaze can be made several hours ahead of time and refrigerated, covered.
- ☐ Let it come to room temperature before using.
- ☐ Remove the thin, papery membrane from the back of each rack of ribs. Season the ribs generously on both sides with salt, black pepper, and garlic powder.
- ☐ Set up the grill for indirect grilling, place a drip pan in the center, and preheat the grill to medium. I urge you to get a charcoal grill for smoking, but you can use wood on a gas grill; you just won't get as pronounced a wood flavor.
- ☐ When ready to cook, if you are using a charcoal grill, toss the wood chips or chunks, if using, on the coals. If you are using a gas grill, add the wood chips or chunks, if using, to the smoker box or place them in a smoker pouch under the grate.
- ☐ Brush and oil the grill grate.
- ☐ Place the racks of ribs bone side down in the center of the grate over the drip pan and away from the heat. (If your grill has limited space, you can stand the racks of ribs upright in a rib rack.) Cover the grill and cook the ribs until tender, 1 1/4 to 1 1/2 hours. When the ribs are done, they'll be handsomely browned and the meat will have shrunk back from the ends of the bones by about 1/4 inch. If you are using a charcoal grill, you will need to add fresh coals after

- 1 hour.
- ☐ During the last 10 minutes of grilling, brush the ribs on both sides with the sweet soy glaze. When the ribs have grilled for about 5 minutes after being glazed, move them directly over the fire.
 - ☐ Brush the ribs on both sides with glaze again and grill them until the glaze is sizzling, 1 to 3 minutes per side.
 - ☐ Transfer the ribs to a large platter or cutting board and cut the racks into individual ribs.
 - ☐ Pour any remaining glaze over the ribs and serve at once.

Nutrition Facts



Properties

Glycemic Index:123.21, Glycemic Load:74.93, Inflammation Score:-6, Nutrition Score:51.707391036593%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 2568.9kcal (128.44%), Fat: 128.21g (197.24%), Saturated Fat: 43.56g (272.27%), Carbohydrates: 235.14g (78.38%), Net Carbohydrates: 223.6g (81.31%), Sugar: 136.12g (151.25%), Cholesterol: 391.23mg (130.41%), Sodium: 3939.16mg (171.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 115.92g (231.84%), Selenium: 176.88µg (252.69%), Vitamin B3: 43.82mg (219.1%), Vitamin B1: 2.79mg (186.26%), Vitamin B6: 2.95mg (147.73%), Phosphorus: 1081.65mg (108.17%), Vitamin B2: 1.82mg (107.29%), Zinc: 15.38mg (102.52%), Potassium: 2524.47mg (72.13%), Vitamin B5: 6mg (60.01%), Vitamin B12: 3.18µg (52.92%), Fiber: 11.54g (46.16%), Iron: 7.9mg (43.87%), Vitamin D: 6.24µg (41.58%), Manganese: 0.73mg (36.62%), Magnesium: 140.9mg (35.22%), Copper: 0.64mg (32.14%), Calcium: 211.77mg (21.18%), Vitamin C: 17.1mg (20.73%), Folate: 58.23µg (14.56%), Vitamin E: 1.4mg (9.32%), Vitamin A: 126.06IU (2.52%)