



Grilled Short Ribs with Grilled Pineapple and Pineapple-Habanero Sauce

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown muscovado sugar light packed
- 1 cup canola oil
- 4 servings canola oil
- 2 cinnamon sticks
- 5 guajillo chiles seeds removed
- 1 habanero chile
- 0.5 teaspoon kosher salt

- 1 golden pineapple cored quartered
- 3 cups pineapple juice fresh
- 4 servings salt and pepper black freshly ground
- 2.5 pounds short boneless
- 2 star anise
- 3 sprigs thai basil

Equipment

- bowl
- frying pan
- sauce pan
- knife
- blender
- grill

Directions

- Watch how to make this recipe.
- Heat grill to high.
- Brush pineapple with oil and grill until golden brown on all sides.
- Put pineapple juice in a medium saucepan over high heat. Make a few slits in the habanero with a paring knife and add to the juice along with the cinnamon sticks, star anise, Thai basil and brown sugar. Cook over high heat, stirring occasionally, until thickened and reduced to about 1 cup. Strain and keep warm.
- Brush short ribs with oil and season with salt and pepper. Grill on both sides until slightly charred and tender. Plate with pineapple (using 2 quarters of the grilled pineapple) and drizzle with pineapple sauce and red chile oil.
- Heat a large saute pan over high heat until almost smoking.
- Add the chiles and toast for 30 seconds on each side.
- Remove, let cool slightly and coarsely chop.
- Combine chiles, oil and salt in a blender and blend until smooth. Strain into a bowl.

Nutrition Facts

PROTEIN 22.53% FAT 49.22% CARBS 28.25%

Properties

Glycemic Index:65.42, Glycemic Load:25.98, Inflammation Score:-9, Nutrition Score:45.136521919914%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 994.18kcal (49.71%), Fat: 54.95g (84.54%), Saturated Fat: 14.21g (88.83%), Carbohydrates: 70.95g (23.65%), Net Carbohydrates: 65.08g (23.67%), Sugar: 55.26g (61.4%), Cholesterol: 167.26mg (55.75%), Sodium: 489.15mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.61g (113.21%), Manganese: 3.43mg (171.32%), Vitamin B12: 9.61µg (160.17%), Vitamin C: 131.26mg (159.1%), Zinc: 14.15mg (94.3%), Vitamin B6: 1.6mg (79.92%), Selenium: 41.65µg (59.5%), Phosphorus: 583.8mg (58.38%), Vitamin B3: 11.64mg (58.18%), Potassium: 1617.5mg (46.21%), Iron: 8.11mg (45.03%), Vitamin B1: 0.56mg (37.06%), Vitamin B2: 0.6mg (35.56%), Vitamin E: 4.7mg (31.33%), Vitamin K: 32.1µg (30.57%), Copper: 0.6mg (30.2%), Magnesium: 119.46mg (29.86%), Vitamin A: 1409.11IU (28.18%), Fiber: 5.87g (23.46%), Folate: 93.73µg (23.43%), Vitamin B5: 1.57mg (15.68%), Calcium: 112.88mg (11.29%)