



Grilled Short Ribs with Miso



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings boston lettuce leaves
- ☐ 0.5 cup brown sugar dark packed ()
- ☐ 4 garlic cloves minced
- ☐ 1 cup soya sauce reduced-sodium
- ☐ 6 servings miso red
- ☐ 1 tablespoon asian sesame oil
- ☐ 12.3 inch rib thick short bone-in flanken-style
- ☐ 6 servings sticky rice

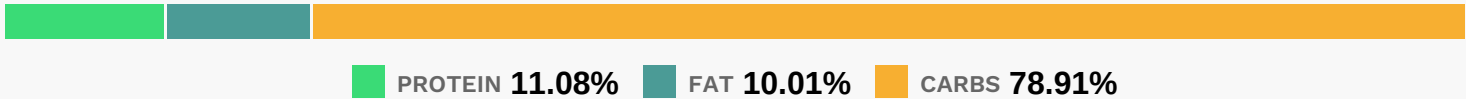
Equipment

- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Whisk soy sauce, sugar, garlic, and oil in 15x10x2-inch glass baking dish. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Add ribs to marinade; turn to coat.
- ☐ Let marinate 30 minutes at room temperature, turning occasionally.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill with oil. Grill ribs until cooked through, 2 to 3 minutes per side.
- ☐ Remove meat from bones and wrap in lettuce leaves with small amount of miso and Sticky Rice.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:30.42, Inflammation Score:-2, Nutrition Score:7.0195652090985%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 298.84kcal (14.94%), Fat: 3.32g (5.1%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 58.87g (19.62%), Net Carbohydrates: 57.18g (20.79%), Sugar: 18.09g (20.1%), Cholesterol: 3.08mg (1.03%), Sodium: 1579.44mg (68.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.53%), Manganese: 0.68mg (34.23%), Selenium: 8.49µg (12.13%), Phosphorus: 118.84mg (11.88%), Magnesium: 43.81mg (10.95%), Iron: 1.62mg (9.02%), Vitamin B6: 0.17mg

(8.64%), Vitamin B3: 1.7mg (8.48%), Vitamin B2: 0.14mg (8.26%), Zinc: 1.19mg (7.96%), Vitamin B1: 0.11mg (7.35%), Potassium: 240.54mg (6.87%), Fiber: 1.69g (6.77%), Copper: 0.12mg (6.1%), Folate: 23.4µg (5.85%), Vitamin B5: 0.57mg (5.73%), Calcium: 37.98mg (3.8%), Vitamin B12: 0.18µg (2.96%), Vitamin K: 1.67µg (1.59%), Vitamin E: 0.21mg (1.4%)