



Jamaican Jerk Raspberry Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



30

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pounds pork back ribs
- 3 tablespoons jamaican jerk rub
- 2 tablespoons olive oil
- 2 cups hickory chips
- 30 servings raspberry glaze

Equipment

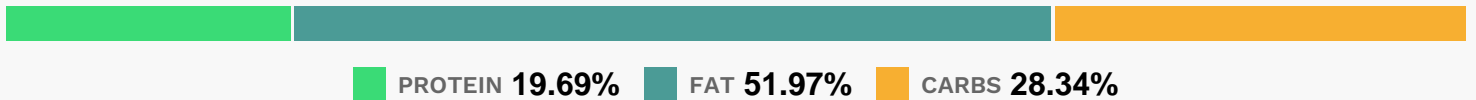
- frying pan
- grill

aluminum foil

Directions

- Rub ribs with oil, and sprinkle with desired amount of Jamaican Jerk Rub. Cover and chill 4 to 6 hours.
- Soak wood chips in water 30 minutes.
- Prepare fire by piling charcoal or lava rocks on each side of grill, leaving center empty.
- Drain chips and place on a square of heavy-duty aluminum foil. Fold foil to seal; cut several slits in top of packet.
- Place foil packet on 1 side of coals.
- Place drip pan between coals.
- Place rack on grill.
- Arrange ribs over medium-hot coals (350 to 400), and grill, covered with grill lid, 10 to 15 minutes on each side.
- Place ribs over drip pan, and grill, covered with grill lid, 5 to 6 minutes on each side or until ribs are tender, brushing often with Raspberry Glaze.

Nutrition Facts



Properties

Glycemic Index:3.01, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:9.1834782413814%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 168.06kcal (8.4%), Fat: 10.02g (15.41%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 7.4g (2.69%), Sugar: 2.71g (3.01%), Cholesterol: 26.29mg (8.76%), Sodium: 124.17mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Manganese: 0.45mg (22.72%), Vitamin C: 16.72mg (20.27%), Fiber: 4.89g (19.55%), Selenium: 12.06µg (17.23%), Vitamin B3: 3.39mg (16.93%), Vitamin B1: 0.21mg (13.8%), Vitamin B6: 0.24mg (11.95%), Phosphorus: 90.62mg (9.06%), Vitamin B2: 0.15mg (8.91%), Zinc: 1.31mg (8.71%), Potassium: 268.14mg (7.66%), Vitamin E: 1.05mg (7.02%), Vitamin B5: 0.6mg (6.01%), Iron: 1.06mg (5.86%), Magnesium: 23.33mg (5.83%), Vitamin K: 6.09µg (5.8%), Vitamin A: 265.38IU (5.31%), Copper: 0.1mg (5.09%), Folate: 16.29µg (4.07%), Vitamin B12: 0.21µg (3.56%), Calcium: 30.88mg (3.09%), Vitamin D: 0.42µg (2.79%)