



## Jamaican-Style Jerk Spareribs

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**1610 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons five-spice powder chinese
- 1.5 tablespoons allspice freshly ground
- 8 large garlic cloves coarsely chopped
- 1 tablespoon kosher salt
- 1 tablespoon juice of lime fresh
- 1 small onion coarsely chopped
- 2 teaspoons pepper freshly ground
- 7 pounds pork spareribs trimmed

- 8 medium scallions coarsely chopped
- 3 scotch bonnet chiles with some of their seeds, coarsely chopped
- 0.3 cup soya sauce
- 0.3 cup vegetable oil

## Equipment

- food processor
- baking sheet
- pot
- grill
- cutting board

## Directions

- In a large pot of boiling water, cook the spareribs over moderate heat for 25 minutes.
- Drain and let cool.
- In a food processor, combine the chopped scallions with the garlic, chiles, onion, vegetable oil, soy sauce, Chinese five-spice powder, ground allspice, lime juice, salt and pepper and process the mixture to a paste.
- Set the spareribs on 2 large rimmed baking sheets and spread the jerk paste all over them. Cover and refrigerate overnight. Bring to room temperature before grilling.
- Light a grill. Grill the spareribs over a medium-hot fire, turning them frequently if they are browning too fast, until lightly charred and crisp, about 25 minutes.
- Transfer the ribs to a cutting board and let rest for 10 minutes.
- Cut in between the ribs, arrange on a platter and serve.
- Wine Recommendation: A fruity, spicy Zinfandel will stand up to the heat in this dish. Choose one with low levels of oak and alcohol, since fiery spices exaggerate both qualities in a wine. Look for the 1999 Cartlidge & Brown. Or, alternatively, choose a zesty, full-flavored Caribbean beer like Red Stripe to cool down the spices.

## Nutrition Facts



■ PROTEIN 21.12% ■ FAT 77.01% ■ CARBS 1.87%

## Properties

Glycemic Index:33.5, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:46.878261047861%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

## Nutrients (% of daily need)

Calories: 1609.89kcal (80.49%), Fat: 136.48g (209.96%), Saturated Fat: 41.77g (261.04%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.74g (2.09%), Sugar: 1.48g (1.64%), Cholesterol: 423.35mg (141.12%), Sodium: 2137.78mg (92.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.2g (168.41%), Selenium: 117.44µg (167.77%), Vitamin B6: 3.18mg (158.77%), Vitamin B3: 25.37mg (126.85%), Vitamin B1: 1.73mg (115.37%), Zinc: 13.55mg (90.33%), Vitamin D: 12.17µg (81.14%), Vitamin B2: 1.38mg (81.08%), Phosphorus: 788.58mg (78.86%), Vitamin K: 65.59µg (62.47%), Potassium: 1458.41mg (41.67%), Iron: 6.32mg (35.1%), Vitamin B5: 3.43mg (34.33%), Vitamin B12: 2.01µg (33.52%), Magnesium: 102.22mg (25.56%), Copper: 0.51mg (25.53%), Vitamin E: 3.11mg (20.74%), Manganese: 0.4mg (19.87%), Vitamin C: 14.76mg (17.89%), Calcium: 131.58mg (13.16%), Fiber: 1.71g (6.85%), Vitamin A: 266.03IU (5.32%), Folate: 19.1µg (4.78%)