



Jerked Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 celery leaves
- ☐ 1 teaspoon thyme leaves dried
- ☐ 6 servings walkerswood jamaican jerk seasoning
- ☐ 2 tablespoons juice of lemon
- ☐ 1 medium onion quartered
- ☐ 6 pounds baby pork spareribs

- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 cup water

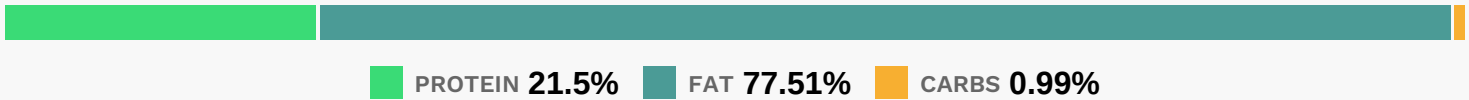
Equipment

- ☐ frying pan
- ☐ grill
- ☐ dutch oven

Directions

- ☐ Cut ribs into 2- to 3-rib sections.
- ☐ Bring ribs, next 6 ingredients, and water to cover to a boil in a large Dutch oven over high heat. Reduce heat, simmer 30 minutes or until tender.
- ☐ Drain.
- ☐ Rub ribs with 1 tablespoon oil. Set aside 1 tablespoon Jerk Seasoning; rub ribs evenly with remaining Jerk Seasoning, and place in a large pan. Cover and chill 1 hour.
- ☐ Stir together 1 cup water, remaining 2 tablespoons oil, lemon juice, and 2 teaspoons reserved Jerk Seasoning. Set aside.
- ☐ Prepare fire by piling charcoal or lava rocks on one side of grill, leaving the other side empty. Coat food rack with cooking spray, and place rack on grill. Arrange food over empty side, and grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 1 hour, turning once and basting occasionally with lemon juice mixture.
- ☐ Sprinkle with remaining 1 teaspoon Jerk Seasoning before serving.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:39.516521744106%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 1331.5kcal (66.57%), Fat: 113.27g (174.27%), Saturated Fat: 35.25g (220.33%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.06g (1.18%), Cholesterol: 362.87mg (120.96%), Sodium: 403.88mg (17.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.69g (141.38%), Selenium: 100.31µg (143.3%), Vitamin B6: 2.67mg (133.6%), Vitamin B3: 21.42mg (107.09%), Vitamin B1: 1.46mg (97.52%), Zinc: 11.48mg (76.51%), Vitamin D: 10.43µg (69.55%), Vitamin B2: 1.16mg (68.5%), Phosphorus: 652.01mg (65.2%), Potassium: 1173.76mg (33.54%), Vitamin B5: 2.89mg (28.85%), Vitamin B12: 1.72µg (28.73%), Iron: 4.74mg (26.34%), Vitamin E: 3.02mg (20.16%), Copper: 0.4mg (20%), Magnesium: 78.72mg (19.68%), Vitamin K: 17.98µg (17.12%), Vitamin A: 605.98IU (12.12%), Calcium: 84.4mg (8.44%), Manganese: 0.13mg (6.49%), Fiber: 1.13g (4.5%), Vitamin C: 3.43mg (4.15%), Folate: 5.9µg (1.48%)