



Lamb Ribs with Honey and Wine



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground pepper black
- ☐ 3 teaspoons honey
- ☐ 3.5 pounds lamb loins
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 teaspoons olive oil

- ☐ 2 onions chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup soya sauce

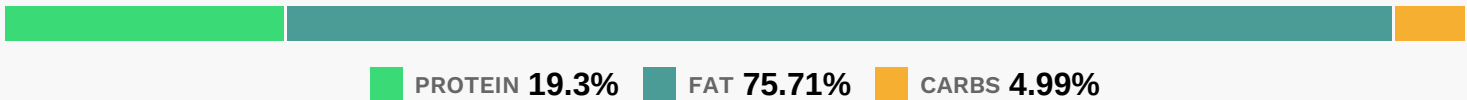
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place lamb in a 9x13 inch baking dish. In a small bowl combine the onions, garlic, honey, oil, soy sauce, wine, pepper, salt, lemon juice and cinnamon.
- ☐ Mix well and pour mixture all over lamb. Cover and refrigerate to marinate for 1 hour.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake in the preheated oven for 70 minutes or until cooked through.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:22.407391325287%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg

Nutrients (% of daily need)

Calories: 944.26kcal (47.21%), Fat: 77.29g (118.91%), Saturated Fat: 33.76g (210.98%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.44g (3.8%), Sugar: 5.25g (5.84%), Cholesterol: 198.45mg (66.15%), Sodium: 1071.81mg (46.6%), Alcohol: 4.12g (100%), Alcohol %: 1.41% (100%), Protein: 44.34g (88.67%), Zinc: 10.37mg (69.16%), Vitamin B12: 4.1µg (68.35%), Selenium: 45.75µg (65.36%), Vitamin B6: 1.08mg (53.82%), Vitamin B3: 10.57mg (52.85%), Phosphorus: 351.14mg (35.11%), Vitamin B2: 0.59mg (34.76%), Iron: 4.84mg (26.9%), Potassium: 701.51mg (20.04%), Vitamin B1: 0.23mg (15.19%), Magnesium: 58.22mg (14.56%), Manganese: 0.26mg (13.24%), Copper: 0.2mg (9.97%), Vitamin C: 6.99mg (8.47%), Vitamin K: 6.15µg (5.85%), Folate: 19.25µg (4.81%), Calcium: 48.13mg (4.81%), Fiber: 1.02g (4.08%), Vitamin D: 0.53µg (3.53%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.13mg (1.27%), Vitamin A: 54.51IU (1.09%)