



Marinated Short Ribs with Grilled Scallion and Mint Salad

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ginger fresh finely grated
- 1 bunch mint leaves fresh
- 6 cloves garlic finely chopped
- 1 bunch green onions ends trimmed
- 1 teaspoon honey
- 0.5 cup soya sauce low sodium
- 2 tablespoon olive oil extra-virgin

- 4 servings vegetable oil; peanut oil preferred
- 0.3 cup rice vinegar
- 4 servings salt and pepper black freshly ground
- 2 teaspoons sesame oil
- 2.5 pounds short boneless

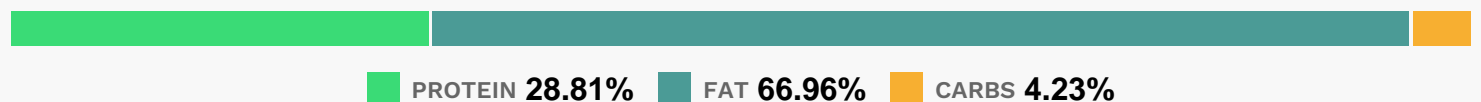
Equipment

- bowl
- whisk
- baking pan
- grill

Directions

- Whisk together soy, oil, garlic and 2 tablespoons of the ginger in a baking dish.
- Add the ribs and turn to coat. Cover and let marinate in the refrigerator for at least 30 minutes and up to 4 hours.
- Heat grill to high. Season ribs with salt and pepper and grill about 3 to 4 minutes per side, until tender.
- Brush the onions with oil, season with salt and pepper and grill for 2 to 3 minutes on each side, until tender.
- Whisk together the vinegar, remaining tablespoon of ginger, honey, sesame oil and olive oil in a large bowl and season with salt and pepper. Coarsely chop the green onions and add to the bowl.
- Add mint leaves, mizuna and or watercress and toss to coat.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:23.806086892667%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 601.48kcal (30.07%), Fat: 44.27g (68.11%), Saturated Fat: 12.61g (78.8%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.62g (2.04%), Sugar: 1.88g (2.09%), Cholesterol: 122.1mg (40.7%), Sodium: 1285.28mg (55.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.85g (85.71%), Vitamin B12: 7.02µg (116.93%), Zinc: 10.26mg (68.38%), Vitamin B6: 0.93mg (46.4%), Phosphorus: 458.61mg (45.86%), Selenium: 30.77µg (43.96%), Vitamin B3: 7.55mg (37.74%), Iron: 5.21mg (28.96%), Potassium: 915.73mg (26.16%), Vitamin B2: 0.41mg (24.13%), Vitamin E: 3.42mg (22.77%), Magnesium: 73.27mg (18.32%), Vitamin K: 17.25µg (16.43%), Vitamin B1: 0.22mg (14.79%), Manganese: 0.3mg (14.78%), Copper: 0.19mg (9.75%), Vitamin B5: 0.81mg (8.12%), Folate: 32.19µg (8.05%), Calcium: 43.43mg (4.34%), Vitamin C: 3.12mg (3.78%), Fiber: 0.69g (2.75%), Vitamin A: 103.25IU (2.07%)