



Peach and Ginger Glazed Riblets

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

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds baby back ribs cut into riblets*
- 4 teaspoons ginger fresh divided minced
- 1 tablespoon garlic minced
- 1 tablespoon spring onion chopped
- 1.5 teaspoons hoisin sauce
- 0.5 cup peach preserves
- 0.5 cup peaches peeled chopped
- 1 tablespoon jalapeno red halved sliced

- 0.3 cup soya sauce
- 2 teaspoons rice vinegar

Equipment

- bowl
- sauce pan
- oven
- grill
- kitchen thermometer

Directions

- Mix garlic, 1 tbsp. ginger, and the soy sauce in a bowl.
- Add riblets to bowl, tossing to coat. Chill at least 1 hour and up to overnight, stirring occasionally.
- Combine preserves, hoisin, vinegar, jalapeo, and remaining 1 tsp. ginger in a small saucepan. Cook over medium heat, stirring often, until bubbling.
- Remove from heat and set aside.
- Cook ribs: Prepare a grill for medium indirect heat (350 to 450; for gas, turn off heat under 1 burner; for charcoal, heap charcoal on 1 side of firegrate). Grill ribs over direct heat portion of grill, covered, turning once, 15 minutes or until browned.
- Reduce heat to very low (200 to 250; for charcoal, partially close air vents to lower heat, and check temperature with an oven thermometer set on indirect heat area). Move ribs to indirect heat area and cook, covered, until tender and meat is starting to pull away from edge of bone, about 30 minutes.
- Brush ribs generously with glaze and cook, covered, turning once, until glaze is bubbling, about 8 minutes total.
- Toss riblets in a large bowl with peaches and remaining glaze.
- Transfer to a platter and sprinkle with green onions.
- *Ask a butcher to cut a rack of ribs in half lengthwise, then slice between each rib to make 26 to 32 bite-size riblets.

Nutrition Facts

PROTEIN 26.55% FAT 48.42% CARBS 25.03%

Properties

Glycemic Index:70.56, Glycemic Load:17, Inflammation Score:-3, Nutrition Score:21.167825968369%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 545.29kcal (27.26%), Fat: 29.36g (45.16%), Saturated Fat: 10.35g (64.72%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 33.06g (12.02%), Sugar: 23.17g (25.74%), Cholesterol: 123.28mg (41.09%), Sodium: 1006.98mg (43.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.45%), Selenium: 56.57µg (80.81%), Vitamin B3: 12.95mg (64.73%), Vitamin B1: 0.84mg (56.28%), Vitamin B6: 0.84mg (42.23%), Vitamin B2: 0.62mg (36.21%), Zinc: 4.72mg (31.46%), Phosphorus: 312.76mg (31.28%), Vitamin B12: 1µg (16.67%), Potassium: 562.3mg (16.07%), Vitamin B5: 1.58mg (15.79%), Vitamin C: 10.85mg (13.16%), Vitamin D: 1.96µg (13.1%), Copper: 0.26mg (12.91%), Iron: 2.1mg (11.66%), Magnesium: 40.51mg (10.13%), Manganese: 0.17mg (8.4%), Calcium: 73.7mg (7.37%), Vitamin E: 0.66mg (4.43%), Fiber: 1.09g (4.36%), Vitamin K: 4.24µg (4.04%), Vitamin A: 152.46IU (3.05%), Folate: 10.88µg (2.72%)