



Royal Hawaiian Ribs

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baby back ribs cut into 3- to 4-rib sections
- 0.5 cup brown sugar
- 1 carrots sliced
- 1 stalk celery sliced
- 1 cup chicken stock see
- 1 tablespoon chile pepper minced
- 1 piece ginger fresh thick peeled sliced
- 1 tablespoon ginger fresh minced

- 1 tablespoon garlic minced
- 2 cloves garlic smashed
- 2 green onions thinly sliced
- 2 tablespoons hoisin sauce
- 6 servings oil for brushing
- 1 onion quartered
- 1 cup pineapple juice canned
- 0.5 cup salt
- 2 tablespoons soya sauce
- 1 teaspoon worcestershire sauce

Equipment

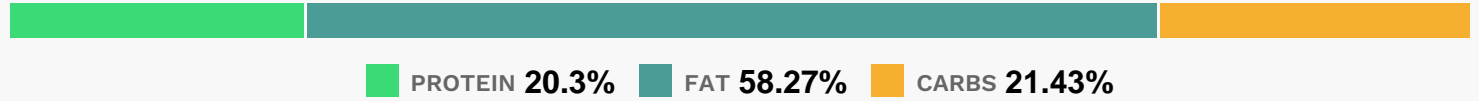
- baking sheet
- sauce pan
- pot
- grill
- grill pan

Directions

- Place the ribs in a large pot, cover with cold water and add the salt, carrot, celery, onion, garlic and ginger. Bring the ribs to a boil, reduce the heat and simmer until the ribs are very tender but not completely falling off the bone, about 45 minutes.
- While ribs are cooking, make the sauce.
- Combine the pineapple juice, chicken stock, brown sugar, hoisin, soy sauce, garlic, ginger, chile, Worcestershire sauce and 1 of the green onions in a large saucepan. Bring to a boil, reduce the heat and simmer until thickened.
- Heat a grill or grill pan over medium-high heat.
- Drain the ribs and discard the vegetables and ginger. Spray a baking sheet with cooking spray.
- Place the ribs on the baking sheet and brush them with oil.

- Brush the sauce on the ribs and grill, brushing on more sauce occasionally, until heated through, 2 to 3 minutes per side.
- Transfer the ribs to a platter, brush once more with the sauce, scatter with the remaining green onion and serve.

Nutrition Facts



Properties

Glycemic Index:47.97, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:21.619130507759%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 582.14kcal (29.11%), Fat: 38.13g (58.67%), Saturated Fat: 9.48g (59.24%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 30.02g (10.92%), Sugar: 26.01g (28.9%), Cholesterol: 99.95mg (33.32%), Sodium: 10067.26mg (437.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.78%), Selenium: 45.77µg (65.39%), Vitamin B3: 10.95mg (54.77%), Vitamin B1: 0.73mg (48.53%), Vitamin B6: 0.76mg (38.08%), Vitamin A: 1841.46IU (36.83%), Vitamin B2: 0.52mg (30.67%), Phosphorus: 261.5mg (26.15%), Zinc: 3.91mg (26.08%), Vitamin K: 22.35µg (21.29%), Vitamin E: 2.96mg (19.75%), Potassium: 600.48mg (17.16%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.31mg (13.13%), Vitamin C: 10.42mg (12.63%), Copper: 0.25mg (12.48%), Iron: 1.94mg (10.75%), Vitamin D: 1.57µg (10.48%), Magnesium: 41.44mg (10.36%), Manganese: 0.19mg (9.57%), Calcium: 93.42mg (9.34%), Fiber: 1.53g (6.12%), Folate: 17.35µg (4.34%)