



## Tex-Mex Roasted Lamb Ribs with Cheese Grits

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1139 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon cayenne
- ☐ 2 tablespoons chile powder pure (preferably ancho)
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup grits white
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup orange marmalade (not bitter)
- ☐ 0.5 cup parmigiano-reggiano finely grated

- ☐ 0.5 cup red-wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.7 cup coarsely sharp cheddar shredded white
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups water cold
- ☐ 3 pounds denver (lamb breast spareribs; 2 racks)

## Equipment

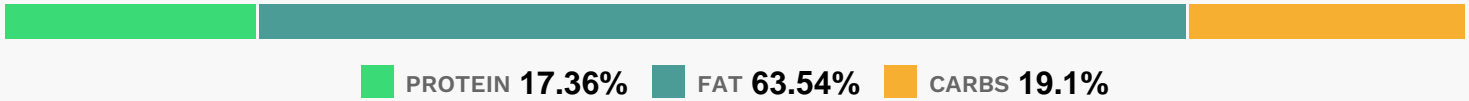
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

## Directions

- ☐ Stir together oil, garlic, chile powder, cumin, pepper, 1/2 teaspoon cayenne, and 2 teaspoons salt in a small bowl. Pat lamb dry and rub all over with spice mixture.
- ☐ Transfer lamb to a large sealable plastic bag and seal bag, pressing out excess air. Marinate lamb, chilled, at least 8 hours.
- ☐ Bring lamb to room temperature, about 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Transfer lamb to a 17- by 12-inch heavy shallow baking pan and cover pan tightly with foil, then bake 1 1/4 hours.
- ☐ Meanwhile, stir together marmalade, vinegar, and remaining 1/2 teaspoon cayenne and 1/2 teaspoon salt in a 1-quart heavy saucepan and bring to a simmer, stirring occasionally.
- ☐ Discard foil from lamb and carefully pour off and discard fat from pan.

- ☐ Brush lamb with some of marmalade glaze and roast, basting every 10 minutes (use all of glaze) and turning racks over every 20 minutes, until browned and tender, about 1 hour.
- ☐ Cut racks into individual ribs.
- ☐ Whisk together water, grits, and salt in a 2-quart heavy saucepan and bring to a boil, whisking constantly. Reduce heat to low and simmer, stirring frequently, until very thick, about 10 minutes.
- ☐ Remove from heat and stir in cheeses.
- ☐ Serve grits with ribs.
- ☐ Ribs can be marinated up to 2 days. Bring to room temperature before baking.

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:32.960869519607%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 1138.63kcal (56.93%), Fat: 80.24g (123.44%), Saturated Fat: 25.86g (161.61%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 51.74g (18.81%), Sugar: 24.73g (27.48%), Cholesterol: 217.84mg (72.61%), Sodium: 1196.46mg (52.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.33g (98.65%), Selenium: 66.9µg (95.57%), Vitamin B6: 1.56mg (78.11%), Vitamin B3: 12.09mg (60.43%), Phosphorus: 555.66mg (55.57%), Vitamin B1: 0.83mg (55.43%), Zinc: 7.4mg (49.35%), Vitamin B2: 0.79mg (46.59%), Vitamin D: 5.65µg (37.68%), Calcium: 366.54mg (36.65%), Vitamin A: 1783.35IU (35.67%), Vitamin K: 31.34µg (29.84%), Vitamin E: 3.9mg (26.02%), Iron: 4.26mg (23.68%), Potassium: 787.54mg (22.5%), Vitamin B12: 1.25µg (20.91%), Vitamin B5: 1.82mg (18.22%), Magnesium: 71.39mg (17.85%), Copper: 0.34mg (17.13%), Manganese: 0.28mg (14.13%), Fiber: 2.54g (10.16%), Vitamin C: 3.02mg (3.67%), Folate: 11.77µg (2.94%)