



## 7-Spice Garlic BBQ Short Ribs

 Gluten Free  Dairy Free

READY IN



570 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pinch spice powder
- 8 cloves garlic minced
- 0.3 teaspoon ground pepper white
- 2 tablespoons oyster sauce
- 0.3 cup asian pear puree (preferably from Korean Shingo pears)
- 1 tablespoon rice wine
- 1 inch scallion sliced
- 0.3 teaspoon shichimi togarashi (Japanese 7-spice powder)

- 2 pounds uncut short boneless
- 2 tablespoons soya sauce
- 2 tablespoons rock sugar yellow chinese
- 2 tablespoons vegetable oil
- 2 tablespoons vegetable oil plus more if needed
- 1 medium onion yellow thinly sliced

## Equipment

- frying pan
- sauce pan
- whisk
- sieve

## Directions

- Place the oil and garlic in a shallow frying pan.
- Mix until combined and the oil just covers the garlic, adding more oil as necessary. Cook over medium heat until the oil begins to bubble and the garlic turns golden brown, 2 to 3 minutes. Immediately remove from the heat and drain off the oil. Set the garlic aside and let cool.
- Combine the pear puree, sugar, soy sauce, oyster sauce, rice wine, pepper, schichimi togarashi and 5-spice powder in a 2-quart saucepan and mix thoroughly with a whisk. Cook over high heat until the mixture comes to a boil.
- Add the prepared garlic mixture, lower the heat and simmer until slightly thickened, about 15 minutes.
- Remove from the heat and stir in the onion and scallion.
- Let cool to room temperature, about 30 minutes.
- Meanwhile, remove any excess fat and sinew from the ribs.
- Cut into 1/2-inch cubes and transfer to a 4-quart container.
- Slowly pour the cooled BBQ marinade over the ribs and mix until thoroughly coated. Marinate the ribs in the refrigerator at least 8 hours.
- Drain the ribs and onion of excess BBQ marinade through a sieve or strainer.

- Heat the oil in a frying pan over high heat, 2 to 3 minutes.
- Add the ribs and onion and cook, mixing often to prevent burning, until caramelized and cooked to desired doneness, 2 to 3 minutes for medium-rare, 3 to 5 minutes for medium.
- Serve on rice, bread or salad.

## Nutrition Facts

**PROTEIN 31.72%**

**FAT 58.39%**

**CARBS 9.89%**

### Properties

Glycemic Index:53.96, Glycemic Load:5.84, Inflammation Score:-4, Nutrition Score:24.315651932488%

### Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

### Nutrients (% of daily need)

Calories: 578.14kcal (28.91%), Fat: 36.89g (56.76%), Saturated Fat: 11.92g (74.52%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 12.92g (4.7%), Sugar: 8.37g (9.3%), Cholesterol: 133.81mg (44.6%), Sodium: 900.41mg (39.15%), Alcohol: 0.6g (100%), Alcohol %: 0.24% (100%), Protein: 45.1g (90.19%), Vitamin B12: 7.73µg (128.75%), Zinc: 11.04mg (73.59%), Vitamin B6: 1.02mg (50.95%), Selenium: 34.26µg (48.94%), Phosphorus: 465.11mg (46.51%), Vitamin B3: 8.34mg (41.71%), Iron: 5.46mg (30.32%), Potassium: 918.43mg (26.24%), Vitamin K: 27.11µg (25.82%), Vitamin B2: 0.39mg (23.2%), Vitamin B1: 0.25mg (16.45%), Magnesium: 59.89mg (14.97%), Manganese: 0.24mg (11.83%), Copper: 0.22mg (11.24%), Vitamin B5: 0.84mg (8.39%), Vitamin E: 1.19mg (7.91%), Folate: 23.17µg (5.79%), Vitamin C: 4.55mg (5.51%), Fiber: 1.13g (4.53%), Calcium: 43.98mg (4.4%)