



Asian Style Country Ribs



Gluten Free



Dairy Free

READY IN



1030 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup lightly brown sugar packed
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon sriracha pepper sauce hot
- ☐ 12 pork ribs boneless country-style
- ☐ 2 tablespoons rice vinegar

- ☐ 0.3 cup sesame oil
- ☐ 1 cup soya sauce

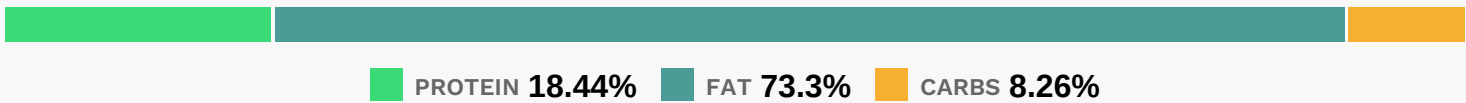
Equipment

- ☐ slow cooker

Directions

- ☐ Stir together the brown sugar, soy sauce, sesame oil, olive oil, rice vinegar, lime juice, garlic, ginger, and Sriracha in the crock of a slow cooker.
- ☐ Add the ribs; cover and refrigerate. Allow ribs to marinate in the refrigerator for 8 hours or overnight.
- ☐ Before cooking, drain marinade and discard. Cook on Low for 9 hours.
- ☐ Drain cooked meat and shred, using 2 forks.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:17.374782669155%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 625.92kcal (31.3%), Fat: 50.84g (78.22%), Saturated Fat: 13.86g (86.61%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.44g (4.53%), Sugar: 9.71g (10.79%), Cholesterol: 126.56mg (42.19%), Sodium: 2309.31mg (100.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.57%), Vitamin B6: 1.03mg (51.45%), Selenium: 35.65µg (50.93%), Vitamin B3: 8.96mg (44.79%), Vitamin B1: 0.53mg (35.66%), Phosphorus: 279.56mg (27.96%), Zinc: 4.17mg (27.79%), Vitamin B2: 0.46mg (27.11%), Vitamin D: 3.64µg (24.26%), Potassium: 504.35mg (14.41%), Iron: 2.52mg (14%), Manganese: 0.27mg (13.44%), Vitamin B5: 1.17mg (11.74%), Magnesium: 43.76mg (10.94%), Vitamin B12: 0.6µg (10.02%), Copper: 0.2mg (9.91%), Vitamin E: 1.4mg (9.36%), Calcium: 45.39mg

(4.54%), Vitamin K: 4.14µg (3.94%), Vitamin C: 2.95mg (3.57%), Folate: 7.93µg (1.98%), Fiber: 0.43g (1.74%)