



Chinese-Style Spareribs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce black bean garlic sauce
- ☐ 2 tablespoons sriracha
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 garlic clove minced
- ☐ 2 pounds pork spareribs cut into small pieces
- ☐ 0.3 cup teriyaki sauce
- ☐ 1 tablespoon vegetable oil

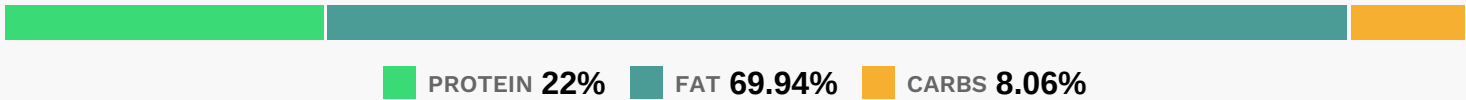
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Rub ribs with garlic and ginger.
- ☐ Brown ribs in hot oil in a Dutch oven over medium-high heat 4 to 5 minutes on each side.
- ☐ Stir together sauces.
- ☐ Pour over ribs; reduce heat, and simmer, stirring occasionally, 1 hour. Arrange ribs in a 13- x 9- inch pan.
- ☐ Pour sauce mixture over ribs.
- ☐ Note: For testing purposes only, we used Ka-Me Black Bean Sauce.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:14.711304261633%

Flavonoids

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

Nutrients (% of daily need)

Calories: 506.46kcal (25.32%), Fat: 38.74g (59.6%), Saturated Fat: 11.73g (73.32%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.62g (2.77%), Sugar: 7.01g (7.79%), Cholesterol: 120.96mg (40.32%), Sodium: 861.82mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.82%), Selenium: 33.54µg (47.91%), Vitamin B6: 0.89mg (44.64%), Vitamin B3: 7.21mg (36.05%), Vitamin B1: 0.49mg (32.53%), Zinc: 3.8mg (25.36%), Phosphorus: 233.31mg (23.33%), Vitamin D: 3.48µg (23.18%), Vitamin B2: 0.39mg (22.89%), Iron: 2.38mg (13.21%), Potassium: 398.29mg (11.38%), Vitamin B5: 0.98mg (9.76%), Fiber: 2.43g (9.71%), Vitamin B12: 0.57µg (9.58%), Magnesium: 31.9mg (7.98%), Copper: 0.14mg (6.84%), Vitamin E: 0.75mg (4.98%), Vitamin K: 4.19µg (3.99%), Calcium: 27.54mg (2.75%), Manganese: 0.03mg (1.63%)