



## Chinese Takeout-Style Sweet and Sour Spare Ribs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



2383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 quart cooking oil
- ☐ 1 piece ginger sliced into a couple of slabs
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons rice wine
- ☐ 2 spring onion roughly chopped
- ☐ 0.5 teaspoon sesame oil
- ☐ 2 teaspoons soya sauce

- ☐ 1 pound spare ribs cut into 2-inch sections
- ☐ 1 tablespoons vinegar
- ☐ 4 tablespoons granulated sugar white

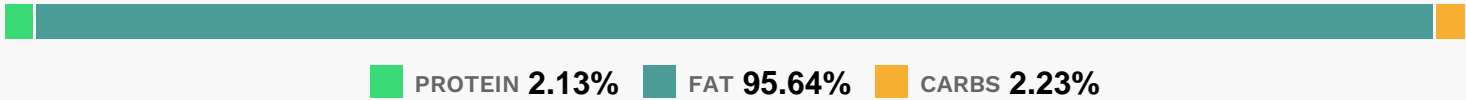
## Equipment

- ☐ paper towels
- ☐ wok
- ☐ slotted spoon
- ☐ chopsticks

## Directions

- ☐ Heat oil in a wok over high heat until it reaches 350°F. Carefully dry ribs with paper towels, then add to oil and fry until golden brown, about 5 minutes, turning and agitating occasionally as they cook. Using a slotted spoon or chopsticks, transfer ribs to a paper towel-lined plate. Set aside.
- ☐ Pour all but 3 tablespoons of the oil in the wok. Return wok to medium heat and heat oil until shimmering.
- ☐ Add the scallions and ginger and stir-fry until fragrant, about 30 seconds.
- ☐ Add the ribs and stir-fry for a minute longer.
- ☐ Carefully add enough water to cover the ribs at least ¾ of the way, about 1 cup.
- ☐ Add the soy sauce, sugar, and salt. Simmer over low heat until the ribs are tender, 30 to 40 minutes. As the liquid reduces, turn the ribs and spoon the liquid over them.
- ☐ When the sauce has reduced to syrupy consistency, add the vinegar and cook for a few minutes longer. Turn off the heat, drizzle in the sesame oil if using, and serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:45.52, Glycemic Load:8.53, Inflammation Score:-4, Nutrition Score:16.24826082976%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 2382.85kcal (119.14%), Fat: 255.73g (393.43%), Saturated Fat: 23.47g (146.66%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 13.22g (4.81%), Sugar: 12.2g (13.55%), Cholesterol: 63.5mg (21.17%), Sodium: 427.28mg (18.58%), Alcohol: 1.81g (100%), Alcohol %: 0.65% (100%), Protein: 12.79g (25.59%), Vitamin E: 41.74mg (278.27%), Vitamin K: 181.18µg (172.55%), Selenium: 17.79µg (25.41%), Vitamin B6: 0.47mg (23.4%), Vitamin B3: 3.86mg (19.32%), Vitamin B1: 0.26mg (17.25%), Zinc: 2.03mg (13.54%), Vitamin B2: 0.21mg (12.44%), Vitamin D: 1.83µg (12.17%), Phosphorus: 119.47mg (11.95%), Potassium: 225.45mg (6.44%), Vitamin B5: 0.52mg (5.15%), Iron: 0.91mg (5.07%), Vitamin B12: 0.3µg (5.03%), Magnesium: 16.57mg (4.14%), Copper: 0.08mg (3.94%), Manganese: 0.04mg (1.98%), Calcium: 18.15mg (1.81%), Vitamin C: 1.22mg (1.47%), Vitamin A: 59.82IU (1.2%), Folate: 4.57µg (1.14%)