



Crock-Pot: Asian-Style Country Ribs with Black Bean Garlic Sauce

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons black bean garlic sauce prepared (i.e. Lee Kum Kee)
- 0.3 cup chicken stock see
- 1 tablespoon cornstarch
- 4 servings garlic with black bean garlic sauce asian-style
- 2 teaspoons sesame oil dark
- 1 tablespoon garlic fresh coarsely chopped
- 1 tablespoon ginger freshly grated

- 1 tablespoon honey
- 0.5 teaspoon pepper black
- 3 pounds pork ribs boneless country-style cut in 1-1/2-inch pieces
- 0.3 cup salt low-sodium
- 0.3 cup spring onion white green chopped (and tender)

Equipment

- bowl
- frying pan
- pot
- aluminum foil
- slow cooker

Directions

- This crock-pot entre is really, really good. It takes 10 minutes to prepare, is made from ingredients that are readily available and is a bargain when you consider the number of servings it provides. One caution - you'll have mush with Asian flavor if you cook this for more than 5 to 6 hours. The recipe is adapted from "Slow Cooker Recipes for All Occasions", a Rival Crock-Pot publication.
- Served with rice and snow peas you have the makings of a minor feast that you'll repeat often. My family loves this dish. I think yours will, too. This, by the way, is a wonderful recipe for novice cooks. If you have a willing teen, let them have a go at it. Asian-Style Country Ribs with Black Bean Garlic Sauce
- Spray interior of slow cooker with nonstick cooking spray.
- Place pork cubes in slow cooker.
- Combine black bean garlic sauce, soy sauce, mirin, honey, ginger, garlic, pepper and cornstarch in a small bowl; stir to dissolve cornstarch.
- Pour over ribs.
- Cook, covered, on LOW setting for 5 to 6 hours until ribs are tender but still hold their shape.
- Transfer ribs to a rimmed serving platter; tent with foil to keep warm. Strain liquid into a small pan. Bring liquid to a boil over medium-high heat; cook until mixture begins to thicken and is

reduced by half. Stir in sesame oil.

- Add sauce and 1/4 cup scallions to pork cubes.
- Mix well.
- Garnish with reserved 2 tablespoons scallions.

Nutrition Facts

PROTEIN 21.37% **FAT 72.46%** **CARBS 6.17%**

Properties

Glycemic Index:47.82, Glycemic Load:2.89, Inflammation Score:-2, Nutrition Score:23.367391304348%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 732.03kcal (36.6%), Fat: 58.28g (89.66%), Saturated Fat: 18.28g (114.22%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 10.14g (3.69%), Sugar: 6.04g (6.71%), Cholesterol: 190.96mg (63.65%), Sodium: 7290.53mg (316.98%), Protein: 38.68g (77.36%), Selenium: 53.61µg (76.58%), Vitamin B6: 1.45mg (72.33%), Vitamin B3: 11.43mg (57.15%), Vitamin B1: 0.78mg (51.94%), Zinc: 6.1mg (40.64%), Vitamin B2: 0.62mg (36.71%), Vitamin D: 5.48µg (36.51%), Phosphorus: 351.24mg (35.12%), Potassium: 644.17mg (18.4%), Vitamin B5: 1.53mg (15.33%), Iron: 2.73mg (15.17%), Vitamin B12: 0.9µg (15.08%), Vitamin K: 13.74µg (13.08%), Copper: 0.23mg (11.72%), Magnesium: 42.73mg (10.68%), Manganese: 0.18mg (8.84%), Vitamin E: 0.96mg (6.39%), Calcium: 55.84mg (5.58%), Fiber: 1.03g (4.11%), Vitamin C: 2.88mg (3.49%), Folate: 5.24µg (1.31%), Vitamin A: 64.58IU (1.29%)