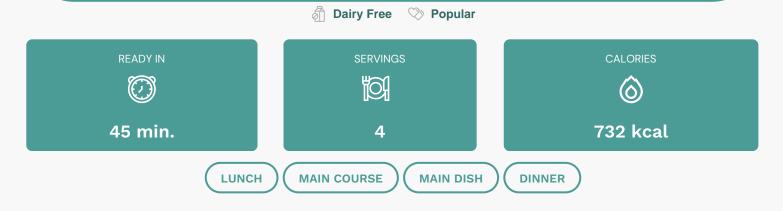


Crock-Pot: Asian-Style Country Ribs with Black Bean Garlic Sauce



Ingredients

3 tablespoons black bean garlic sauce prepared (i.e. Lee Kum Kee)
O.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		
Di	rections		
	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		

	PROTEIN 21.37% FAT 72.46% CARBS 6.17%		
Nutrition Facts			
NI 4 Maria Provide			
	Garnish with reserved 2 tablespoons scallions.		
	Mix well.		
	Add sauce and 1/4 cup scallions to pork cubes.		
	reduced by half. Stir in sesame oil.		

Properties

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

Flavonoids

Kaempferol: O.1mg, Kaempferol: O.1mg, Kaempferol: O.1mg, Kaempferol: O.1mg Myricetin: O.08mg, Myricetin: O.08mg, Myricetin: O.08mg, Myricetin: O.08mg, Quercetin: O.75mg, Quercetin: O.75mg, Quercetin: O.75mg, Quercetin: O.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%)