



Marinated Thai-Style Pork Spareribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cilantro leaves fresh coarsely chopped thin (and roots, if possible)
- 2 tablespoons fish sauce (nam pla or nuoc mam)
- 1 piece ginger fresh sliced
- 8 large cloves garlic peeled
- 1 teaspoon pepper fresh black
- 1 teaspoon kosher salt
- 4 pounds pork spareribs
- 10 spring onion coarsely chopped

- 1 cup shallots sliced
- 6 tablespoons soya sauce
- 2 tablespoons sugar
- 4 servings thai chile

Equipment

- food processor
- bowl
- baking sheet
- oven
- ziploc bags

Directions

- Put the shallots, scallions, ginger, garlic, cilantro, soy sauce, fish sauce, salt, pepper, and sugar in the bowl of a food processor. Process to a loose, finely chopped paste, scraping down the sides of the bowl once or twice.
- Place pork ribs in a large bowl or a pair of heavy resealable plastic bags. Thoroughly coat the ribs with the marinade, massaging the paste into the flesh for a minute or so. Cover and marinate at room temperature for 2 hours or up to 5 hours in the refrigerator, tossing the ribs once or twice during this time.
- Preheat oven to 350°F.
- Spread the ribs out, bone-side down, on two large, parchment-lined baking sheets and bake until ribs are deeply colored and very tender but not yet falling from the bone, about 1 1/2 hours, occasionally rotating the pans to encourage even cooking.
- Remove from the oven and serve with small bowls of Thai Chile-Herb Dipping Sauce.
- From Lobel's Meat Bible: All You Need to Know About Meat and Poultry from America's Master Butchers by Stanley, Evan, Mark, and David Lobel, with Mary Goodbody and David Whiteman. Text copyright © 2009 by Morris Lobel & Sons, Inc.; photographs © 2009 by Lucy Schaeffer. Published by Chronicle Books LLC.

Nutrition Facts



■ PROTEIN 22.49% ■ FAT 70.77% ■ CARBS 6.74%

Properties

Glycemic Index:64.02, Glycemic Load:7.92, Inflammation Score:-8, Nutrition Score:46.906521631324%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 1364kcal (68.2%), Fat: 106.39g (163.67%), Saturated Fat: 34.19g (213.69%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 19.5g (7.09%), Sugar: 12.31g (13.67%), Cholesterol: 362.87mg (120.96%), Sodium: 3178.72mg (138.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.06g (152.12%), Vitamin B6: 3mg (150.15%), Selenium: 102.68µg (146.69%), Vitamin B3: 22.81mg (114.06%), Vitamin B1: 1.53mg (102.17%), Zinc: 11.93mg (79.56%), Phosphorus: 734.83mg (73.48%), Vitamin B2: 1.24mg (72.77%), Vitamin K: 76.04µg (72.42%), Vitamin D: 10.43µg (69.55%), Potassium: 1523.65mg (43.53%), Iron: 6.25mg (34.7%), Vitamin B5: 3.21mg (32.11%), Manganese: 0.61mg (30.55%), Magnesium: 121.96mg (30.49%), Vitamin B12: 1.77µg (29.45%), Copper: 0.52mg (26.05%), Vitamin C: 15.88mg (19.25%), Calcium: 137.43mg (13.74%), Vitamin E: 1.99mg (13.26%), Fiber: 3.3g (13.21%), Folate: 51.93µg (12.98%), Vitamin A: 587.53IU (11.75%)