



Orange-Soy-Braised Pork Ribs



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger fresh peeled finely chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups orange juice fresh
- ☐ 4 pounds pork ribs country-style
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons sugar

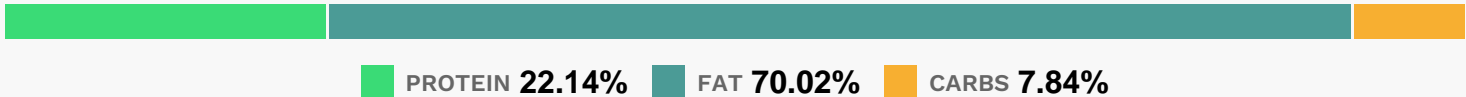
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F.
- ☐ Sprinkle ribs evenly with salt.
- ☐ Bring orange juice, soy sauce, sugar, ginger, garlic, and pepper to a boil in roasting pan over moderately high heat, stirring until sugar is dissolved.
- ☐ Add ribs in 1 layer using tongs, turning to coat, and cover pan tightly with foil.
- ☐ Braise ribs in oven until very tender, about 2 hours. (If making ahead, see cooks' note, below.)
- ☐ Reduce oven temperature to 200°F.
- ☐ Transfer ribs to a baking dish, arranging them in 1 layer, and keep warm in oven.
- ☐ Skim fat from cooking liquid if desired, then make glaze by boiling liquid, uncovered, stirring occasionally, until syrupy and reduced to about 3/4 cup, about 15 minutes.
- ☐ Brush glaze generously on ribs.
- ☐ Ribs can be braised 5 days ahead and cooled completely in cooking liquid, uncovered, then chilled, covering them once they are completely cold. To reheat, set roasting pan with ribs and cooking liquid over moderate heat, covered with foil. Simmer, covered, turning once, until they are heated through, about 15 minutes, then transfer ribs to a baking dish and keep warm. Make glaze as directed.

Nutrition Facts



Properties

Glycemic Index:35.68, Glycemic Load:6.43, Inflammation Score:-4, Nutrition Score:22.946956311879%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 645.76kcal (32.29%), Fat: 49.72g (76.49%), Saturated Fat: 15.96g (99.77%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.13g (4.41%), Sugar: 9.58g (10.65%), Cholesterol: 169.34mg (56.45%), Sodium: 1446.46mg (62.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.73%), Selenium: 47.05µg (67.21%), Vitamin B6: 1.3mg (65.07%), Vitamin B3: 10.91mg (54.55%), Vitamin B1: 0.75mg (49.75%), Vitamin C: 31.58mg (38.28%), Zinc: 5.43mg (36.23%), Vitamin B2: 0.58mg (34.28%), Phosphorus: 337.49mg (33.75%), Vitamin D: 4.87µg (32.46%), Potassium: 695.28mg (19.87%), Vitamin B5: 1.53mg (15.29%), Iron: 2.57mg (14.28%), Vitamin B12: 0.8µg (13.41%), Magnesium: 50.09mg (12.52%), Copper: 0.24mg (11.76%), Manganese: 0.18mg (8.93%), Folate: 22.41µg (5.6%), Vitamin E: 0.82mg (5.45%), Calcium: 46.42mg (4.64%), Vitamin A: 125.05IU (2.5%), Fiber: 0.4g (1.6%)