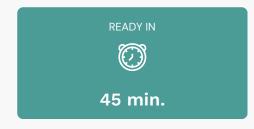


Pork Rib Satays with Peanut Sauce

airy Free



6 servings satay sauce





LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

2 pounds baby back ribs cut into 4- to 5-rib sections
1.5 teaspoons brown sugar packed ()
O.8 teaspoon ground pepper
3 tablespoons ginger fresh packed minced peeled ()
3 garlic clove minced
1.5 teaspoons ground coriander
1.5 tablespoons vegetable oil; peanut oil preferred

	5 large shallots chopped
	6 tablespoons soya sauce
	6 servings cauliflower florets raw assorted (such as carrots, cucumber, celery and cauliflower florets)
	4.5 tablespoons vinegar white
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Eq	uipment
	frying pan
	baking sheet
	oven
	roasting pan
	grill
	aluminum foil
	broiler
	ziploc bags
	tongs
Dii	rections
	Mix first 9 ingredients in resealable plastic bag.
	Add ribs. Seal bag; turn to coat ribs with marinade. Chill overnight.
	Preheat oven to 350°F. Line large roasting pan with long piece of foil, overlapping each short side by 10 inches.
	Place ribs and marinade on foil in pan. Spoon some marinade over ribs. Fold foil over, enclosing ribs loosely in foil.
	Bake until ribs are tender, about 1 hour 15 minutes. Cool ribs slightly. (Can be prepared 1 day ahead. Keep ribs enclosed in foil in pan and refrigerate.)
	Prepare barbecue (medium heat) or preheat broiler. Unwrap ribs. Using tongs, transfer ribs to work surface.
	Cut rib sections between bones into individual ribs. If broiling, place ribs on baking sheet. Grill or broil ribs until well browned, about 3 minutes per side.
	Place ribs on platter. Arrange vegetables and Peanut Sauce alongside.

Nutrition Facts

PROTEIN 29.09% FAT 60.74% CARBS 10.17%

Properties

Glycemic Index:34, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:12.587826088719%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 286.29kcal (14.31%), Fat: 19.4g (29.85%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.22g (3.57%), Cholesterol: 65.73mg (21.91%), Sodium: 1106.75mg (48.12%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 20.91g (41.82%), Selenium: 30.11µg (43.01%), Vitamin B3: 7.28mg (36.41%), Vitamin B1: 0.46mg (30.99%), Vitamin B6: 0.54mg (27.12%), Vitamin B2: 0.33mg (19.37%), Phosphorus: 189.81mg (18.98%), Zinc: 2.64mg (17.62%), Potassium: 379.49mg (10.84%), Manganese: 0.21mg (10.73%), Vitamin B5: 0.93mg (9.31%), Vitamin B12: 0.53µg (8.89%), Iron: 1.57mg (8.7%), Magnesium: 31.09mg (7.77%), Copper: 0.15mg (7.45%), Vitamin D: 1.05µg (6.99%), Vitamin E: 0.87mg (5.81%), Calcium: 49.8mg (4.98%), Fiber: 1.21g (4.84%), Vitamin C: 3.09mg (3.74%), Folate: 11.6µg (2.9%), Vitamin A: 125.95IU (2.52%)