



Pork Rib Satays with Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

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 ()
- ☐ 0.8 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
- ☐ 6 servings satay sauce

- ☐ 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

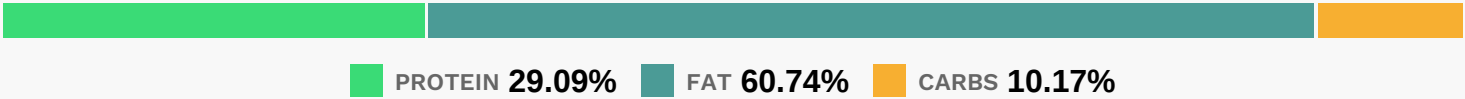
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ 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



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, 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: 0g (100%), Alcohol %: 0% (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%)