



## Ribs with Black Vinegar Sauce



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



1960 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup vinegar black chinese
- ☐ 0.3 cup cornstarch
- ☐ 2 tablespoons rice wine chinese
- ☐ 4 garlic clove thinly sliced
- ☐ 2 tablespoons ginger peeled very thin
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup chicken broth reduced-sodium
- ☐ 0.3 cup soy sauce reduced-sodium

- ☐ 2 pounds pork spareribs cut into individual ribs
- ☐ 1 medium shallots thinly sliced
- ☐ 12 cups vegetable oil for frying divided

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Blanch ribs in a 4-quart pot of boiling water 4 minutes.
- ☐ Drain and pat dry.
- ☐ Whisk 1/2 teaspoon salt into cornstarch in a large bowl.
- ☐ Add ribs and toss.
- ☐ Heat 3 inches oil to 400°F in a 4- to 5-quart heavy pot, then fry ribs (in batches if necessary) 5 minutes per batch.
- ☐ Transfer with a slotted spoon to a bowl.
- ☐ Heat 2 tablespoons oil in a heavy medium saucepan over medium heat until it shimmers, then cook garlic, shallot, and ginger, stirring occasionally, until pale golden, about 2 minutes.
- ☐ Add brown sugar and cook, stirring, until dissolved, about 1 minute.
- ☐ Add wine and boil 1 minute.
- ☐ Add ribs with broth, vinegar, and soy sauce and simmer, covered, stirring and turning ribs occasionally, until tender, about 1 hour.
- ☐ Transfer ribs to a platter. Boil sauce, whisking, until thickened and emulsified, about 2 minutes; pour over ribs.

## Nutrition Facts



 PROTEIN **7.72%**  FAT **84.38%**  CARBS **7.9%**

Properties

Glycemic Index:31.25, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:30.221303753636%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1960.38kcal (98.02%), Fat: 184.1g (283.24%), Saturated Fat: 37.08g (231.74%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 38.2g (13.89%), Sugar: 27.4g (30.44%), Cholesterol: 181.44mg (60.48%), Sodium: 965.31mg (41.97%), Alcohol: 1.21g (100%), Alcohol %: 0.15% (100%), Protein: 37.9g (75.81%), Vitamin K: 240.65µg (229.19%), Vitamin E: 11.64mg (77.6%), Selenium: 51.29µg (73.27%), Vitamin B6: 1.41mg (70.67%), Vitamin B3: 11.17mg (55.87%), Vitamin B1: 0.74mg (49.51%), Zinc: 5.95mg (39.64%), Phosphorus: 373.93mg (37.39%), Vitamin B2: 0.63mg (37.17%), Vitamin D: 5.22µg (34.78%), Potassium: 727.11mg (20.77%), Vitamin B5: 1.56mg (15.65%), Iron: 2.81mg (15.62%), Vitamin B12: 0.88µg (14.69%), Magnesium: 58.09mg (14.52%), Copper: 0.24mg (12.16%), Manganese: 0.22mg (11.14%), Calcium: 74.12mg (7.41%), Folate: 12.23µg (3.06%), Fiber: 0.55g (2.21%), Vitamin C: 1.61mg (1.95%)