



 **86%**
HEALTH SCORE

Round 2 - Wonton Soup

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



3508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons barbeque sauce
- 1 cup broccoli crispy leftover
- 0.3 cup brown sugar
- 1 cup canola oil
- 1 tablespoon canola oil
- 1 carrots grated
- 29 ounce chicken broth canned
- 1 tablespoon garlic chopped

- 2 teaspoons ginger finely chopped
- 1 cup pineapple juice
- 2.5 pounds pork spareribs
- 2 servings salt and pepper black freshly ground
- 1 scallion thinly sliced
- 0.3 cup soya sauce
- 2 tablespoons chili sauce sweet
- 3 tablespoons vinegar white
- 12 wonton wrappers from fried noodles leftover
- 12 ounce wonton wrappers for round 2 recipe, wonton soup

Equipment

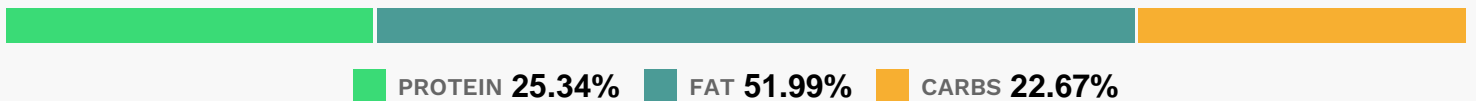
- bowl
- baking sheet
- paper towels
- sauce pan
- ladle
- oven
- whisk
- aluminum foil
- ziploc bags

Directions

- Combine the meat from the spare rib, the carrot and the scallions in a small bowl. Make wontons by placing a tablespoon of filling in the center of each wrapper. Dampen the edges with water, then fold in half, point to point, and pinch together. Wrap the outside corners around and seal together.
- Heat the chicken broth in a medium saucepan over medium heat. When the broth has come to a simmer, add the wontons and the broccoli. Cook for 3 minutes, then ladle into serving bowls and serve hot.

- In a small bowl whisk together all the ingredients for the marinade.
- Cut the spareribs into individual ribs and put in a resealable plastic bag.
- Pour the marinade into the bag and toss to coat.
- Put the bag into a large bowl and refrigerate to let marinate for at least 2 hours or as long as overnight.
- Preheat the oven to 300 degrees F.
- Remove the spare ribs from marinade and arrange on a baking sheet, cover with foil and poke holes in the foil to vent. Reserve the marinade.
- Bake until the ribs are tender, about 1 1/2 hours.
- In the meantime, pour the reserved marinade into a small saucepan and bring to a boil over medium heat. Reduce the heat and simmer the mixture until thick, about 30 minutes. Set aside.
- After 1 1/2 hours, remove the foil from the spareribs and raise oven temperature to 400 degrees F. Baste the ribs with the reduced marinade and roast in oven for 5 minutes. Turn and baste the ribs again with the remaining sauce and roast for an additional 5 minutes.
- Remove from the oven and arrange the ribs on a serving platter.
- Serve hot with Fried Noodles.
- Heat 1 cup canola oil in a medium heavy saucepan, to about 350 degrees F.
- Cut the wonton wrappers into 1/2-inch wide strips. Fry in batches until golden brown and drain on plate lined with a brown paper bag or paper towels.

Nutrition Facts



Properties

Glycemic Index:149.42, Glycemic Load:9.15, Inflammation Score:-10, Nutrition Score:77.278261267621%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 3507.94kcal (175.4%), Fat: 199.27g (306.57%), Saturated Fat: 54.76g (342.24%), Carbohydrates: 195.6g (65.2%), Net Carbohydrates: 188.69g (68.62%), Sugar: 55.3g (61.44%), Cholesterol: 678.49mg (226.16%), Sodium: 5689.18mg (247.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 218.51g (437.03%), Selenium: 263.81µg (376.88%), Vitamin B3: 50.14mg (250.69%), Vitamin B6: 4.48mg (223.82%), Vitamin B1: 3.08mg (205.19%), Zinc: 26.6mg (177.37%), Phosphorus: 1704.21mg (170.42%), Vitamin B2: 2.81mg (165.01%), Vitamin A: 6232.98IU (124.66%), Manganese: 2.45mg (122.56%), Iron: 19.69mg (109.4%), Vitamin B12: 6.31µg (105.14%), Vitamin D: 13.45µg (89.68%), Vitamin K: 92.65µg (88.23%), Potassium: 2748.83mg (78.54%), Vitamin C: 55.43mg (67.19%), Magnesium: 258.72mg (64.68%), Folate: 258µg (64.5%), Vitamin E: 9.31mg (62.06%), Copper: 1.18mg (59.05%), Vitamin B5: 4.21mg (42.07%), Calcium: 337.94mg (33.79%), Fiber: 6.9g (27.61%)