






 **55%**
HEALTH SCORE

Soy-Braised Pork Country Ribs with Carrots and Turnips

 **Gluten Free**  **Dairy Free**

READY IN

120 min.

SERVINGS

6

CALORIES

680 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2.5 pounds pork shoulder boneless country-style cut into 5 x 1 1/2-inch strips (sometimes called pork ribs) (Boston butt)
- 0.8 pound carrots peeled cut into 1-inch pieces
- 1 teaspoon chili paste depending on your taste pref hot (such as sambal oelek)
- 6 servings rice white steamed
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- 3 tablespoons sherry dry

- 1.5 tablespoons ginger fresh minced peeled
- 3 garlic clove chopped
- 1 tablespoon brown sugar packed ()
- 1 tablespoon brown sugar packed ()
- 4 spring onion thinly sliced finely chopped
- 0.5 cup chicken broth
- 1 medium onion chopped
- 3 orange zest with vegetable peeler
- 2 tablespoons vegetable oil; peanut oil preferred
- 3 tablespoons soya sauce
- 0.8 pound turnip peeled cut into 1-inch pieces
- 3 star anise whole

Equipment

- frying pan
- whisk

Directions

- Whisk chicken broth, Sherry, soy sauce, brown sugar, and hot chili paste in small bowl to blend; set aside.
- Sprinkle ribs with salt and pepper.
- Heat peanut oil in heavy large deep skillet over medium-high heat. Working in batches, cook ribs until browned, about 4 minutes per side.
- Transfer ribs to plate. Reduce heat to medium.
- Add chopped onion to skillet and sauté until soft, about 4 minutes.
- Add white parts of green onions, garlic, and ginger; sauté until fragrant, about 2 minutes.
- Add chicken broth mixture, stirring to scrape up any browned bits.
- Add star anise and orange peel; bring to simmer.
- Return ribs to same skillet. Reduce heat to medium-low, cover, and simmer 30 minutes.

- Add carrots and turnips to skillet, pushing to submerge in sauce. Cover and simmer until vegetables and ribs are tender, gently stirring mixture occasionally, about 30 minutes longer.
- Transfer mixture to platter.
- Serve with steamed rice.

Nutrition Facts

■ PROTEIN **31.47%**
■ FAT **16.64%**
■ CARBS **51.89%**

Properties

Glycemic Index: 97.64, Glycemic Load: 76.24, Inflammation Score: -10, Nutrition Score: 42.132174118705%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg
 Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
 Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg
 Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg
 Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg
 Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg
 Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
 Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 680.3kcal (34.01%), Fat: 12.22g (18.81%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 85.79g (28.6%),
 Net Carbohydrates: 80.87g (29.41%), Sugar: 10.17g (11.3%), Cholesterol: 113.4mg (37.8%), Sodium: 694.6mg (30.2%),
 Alcohol: 0.77g (100%), Protein: 52.04g (104.07%), Vitamin A: 9580.82IU (191.62%), Vitamin B3: 20.69mg (103.43%),
 Selenium: 67.58µg (96.54%), Vitamin B1: 1.36mg (90.54%), Vitamin B6: 1.8mg (90.15%), Manganese: 1.44mg
 (71.77%), Phosphorus: 604.04mg (60.4%), Vitamin B2: 1mg (58.9%), Zinc: 5.33mg (35.56%), Potassium: 1218.86mg
 (34.82%), Vitamin C: 27.07mg (32.81%), Vitamin B5: 3.17mg (31.65%), Vitamin B12: 1.66µg (27.73%), Magnesium:
 102.36mg (25.59%), Vitamin K: 24.27µg (23.12%), Copper: 0.44mg (21.93%), Fiber: 4.93g (19.71%), Iron: 3.23mg
 (17.97%), Calcium: 105.26mg (10.53%), Folate: 38.9µg (9.72%), Vitamin E: 1.44mg (9.6%)