



HEALTH SCORE

55%

Soy-Braised Pork Country Ribs with Carrots and Turnips



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



467 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
- ☐ 3 tablespoons sherry dry
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 3 garlic clove chopped

- ☐ 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

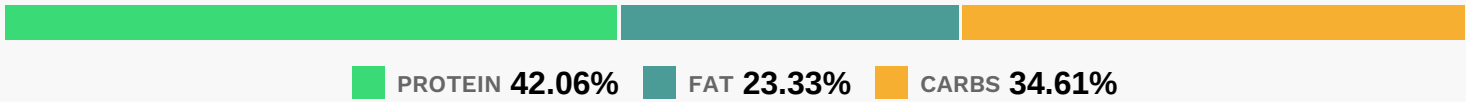
- ☐ frying pan
- ☐ whisk

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



Properties

Glycemic Index:61.31, Glycemic Load:28.41, Inflammation Score:-10, Nutrition Score:37.660869432532%

Flavonoids

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

Nutrients (% of daily need)

Calories: 467.3kcal (23.36%), Fat: 11.78g (18.13%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 35.03g (12.74%), Sugar: 8.16g (9.06%), Cholesterol: 113.4mg (37.8%), Sodium: 692.46mg (30.11%), Alcohol: 0.77g (100%), Alcohol %: 0.21% (100%), Protein: 47.78g (95.57%), Vitamin A: 9580.82IU (191.62%), Vitamin B3: 20.05mg (100.26%), Vitamin B1: 1.33mg (88.44%), Vitamin B6: 1.66mg (82.76%), Selenium: 55.7µg (79.57%), Vitamin B2: 0.98mg (57.69%), Phosphorus: 536.02mg (53.6%), Manganese: 0.69mg (34.42%), Potassium: 1160.9mg (33.17%), Vitamin C: 27.07mg (32.81%), Zinc: 4.56mg (30.39%), Vitamin B12: 1.66µg (27.73%), Vitamin B5: 2.55mg (25.47%), Vitamin K: 24.27µg (23.12%), Magnesium: 83.22mg (20.8%), Fiber: 4.3g (17.18%), Copper: 0.33mg (16.43%), Iron: 2.9mg (16.13%), Vitamin E: 1.38mg (9.18%), Calcium: 87.8mg (8.78%), Folate: 34.14µg (8.53%)