



WHATSheATE

Easy Recipes

from

The New York Times

FEATURING 350 RECIPES

Spareribs, Korean Style



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 tablespoons garlic chopped



5 ginger fresh peeled



4 servings pepper black freshly ground



0.5 cup spring onion chopped



2 tablespoons sesame oil



0.3 cup sesame seed



0.5 cup soya sauce



0.3 cup sugar

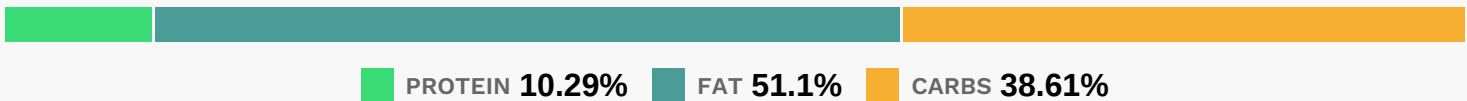
Equipment

☐ frying pan

Directions

- ☐ Put a large skillet that can hold the ribs in one layer over high heat and add the ribs and 1/2 cup of water. Boil, turning the ribs occasionally, until the liquid has evaporated, then reduce the heat to medium and brown the ribs in their own fat, turning occasionally, for about 5 minutes. Meanwhile, toast the sesame seeds by putting them in a small skillet over medium heat, shaking the pan occasionally until they brown slightly and begin to pop.
- ☐ Add the garlic and half the sesame seeds and stir; cook for 30 seconds.
- ☐ Add the sugar, ginger, soy sauce, half the sesame oil, and another 1/4 cup of water; turn the heat to medium-high, and cook, turning occasionally, until the liquid is thick and dark. If the ribs are tender at this point, they're ready. If not, add another 1/4 cup of water and repeat the process.
- ☐ Add salt and pepper to taste and the remaining sesame seeds and sesame oil. Stir once, sprinkle with the scallion, and serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From From Mark Bittman's Quick and Easy Recipes from the New York Times by Mark Bittman Copyright (c) 2007 by Mark Bittman Published by Broadway Books.Mark Bittman is the author of the blockbuster Best Recipes in the World (Broadway, 200
- ☐ and the classic bestseller How to Cook Everything, which has sold more than one million copies. He is also the coauthor, with Jean-Georges Vongerichten, of Simple to Spectacular and Jean-Georges: Cooking at Home with a Four-Star Chef. Mr. Bittman is a prolific writer, makes frequent appearances on radio and television, and is the host of The Best Recipes in the World, a 13-part series on public television. He lives in New York and Connecticut.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:10.1, Inflammation Score:-4, Nutrition Score:8.5269565219465%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 198.33kcal (9.92%), Fat: 11.84g (18.21%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 18.18g (6.61%), Sugar: 13.48g (14.97%), Cholesterol: 0mg (0%), Sodium: 1624.93mg (70.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Vitamin K: 27.07µg (25.78%), Manganese: 0.5mg (24.78%), Copper: 0.47mg (23.31%), Iron: 2.38mg (13.2%), Magnesium: 51.94mg (12.98%), Calcium: 115.41mg (11.54%), Phosphorus: 110.55mg (11.05%), Vitamin B6: 0.2mg (10.18%), Vitamin B3: 1.73mg (8.65%), Fiber: 1.95g (7.79%), Vitamin B1: 0.11mg (7.23%), Zinc: 0.98mg (6.52%), Selenium: 4.24µg (6.06%), Folate: 23.41µg (5.85%), Potassium: 193.79mg (5.54%), Vitamin B2: 0.09mg (5.13%), Vitamin C: 4.04mg (4.89%), Vitamin A: 126.38IU (2.53%), Vitamin B5: 0.17mg (1.66%), Vitamin E: 0.22mg (1.45%)