



## Sticky Five-Spice Short Ribs

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

READY IN



128 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons five-spice powder
- 6 medium garlic cloves smashed
- 1 inch ginger sliced
- 1 small jalapeno halved
- 1 tablespoon kosher salt
- 0.3 cup brown sugar light packed
- 0.5 cup oyster sauce
- 1.5 cups rice wine dry

- 2.5 pounds short ribs english
- 1 tablespoon vegetable oil

## Equipment

- frying pan
- paper towels
- oven
- knife
- stove
- dutch oven

## Directions

- Heat the oven to 350 degrees F and arrange a rack in the middle.
- Mix together sherry, oyster sauce, and brown sugar until evenly combined; set aside. Pat ribs dry with a paper towel and season well with salt and five-spice powder.
- Place a 3-quart Dutch oven or other heavy-bottomed, shallow pot with a tight-fitting lid over medium heat and add oil. When oil starts to smoke, add ribs and sear until well browned, about 2 minutes per side.
- Remove ribs to a plate and set aside. Discard all but 1 tablespoon drippings, return pan to stove, and add garlic, ginger, and chile and cook just until fragrant, about 30 seconds. Stir in reserved sherry mixture and bring to a simmer.
- Return ribs to pan and bring to a simmer. Cover and transfer to oven to cook, turning occasionally, until meat is knife tender, about 1 1/2 hours. Increase oven to 400 degrees F and cook, covered, until ribs are sticky, about 30 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:22.091739328011%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## **Nutrients (% of daily need)**

Calories: 609kcal (30.45%), Fat: 24.93g (38.35%), Saturated Fat: 9.51g (59.47%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 28.07g (10.21%), Sugar: 18g (20%), Cholesterol: 122.1mg (40.7%), Sodium: 2678.68mg (116.46%), Alcohol: 14.49g (100%), Alcohol %: 5.05% (100%), Protein: 40.99g (81.98%), Vitamin B12: 7.13µg (118.91%), Zinc: 10.12mg (67.44%), Selenium: 33.33µg (47.61%), Vitamin B6: 0.91mg (45.28%), Phosphorus: 422.91mg (42.29%), Vitamin B3: 7.66mg (38.29%), Iron: 5.59mg (31.07%), Potassium: 864.53mg (24.7%), Vitamin B2: 0.37mg (21.67%), Magnesium: 59.59mg (14.9%), Vitamin B1: 0.22mg (14.34%), Copper: 0.24mg (12.04%), Manganese: 0.19mg (9.46%), Vitamin B5: 0.75mg (7.48%), Vitamin C: 6.09mg (7.38%), Calcium: 68.4mg (6.84%), Vitamin K: 6.98µg (6.65%), Folate: 18.42µg (4.61%), Vitamin E: 0.41mg (2.74%), Fiber: 0.61g (2.43%)