



Sweet-and-Sour Spareribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 inch ginger fresh peeled smashed
- ☐ 1 tablespoon catsup
- ☐ 2 pounds pork spareribs trimmed cut into single ribs (8 to 9 ribs) well
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons rice wine dry chinese (rice wine)
- ☐ 1 tablespoon soya sauce dark
- ☐ 2 tablespoons soya sauce

- ☐ 3 tablespoons sugar
- ☐ 0.8 cup water

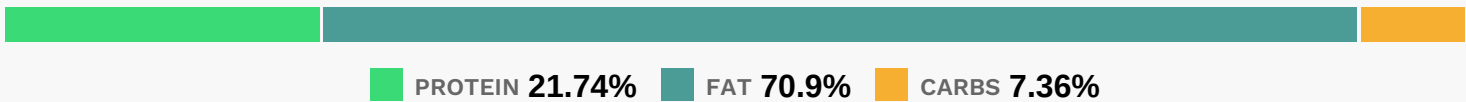
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Place spareribs in pot large enough to hold ribs in single layer.
- ☐ Add enough cold water to cover ribs. Bring to boil, spooning off any foam that rises to surface. Boil 1 minute.
- ☐ Transfer ribs to colander; rinse under cold water.
- ☐ Drain.
- ☐ Wash and dry same pot.
- ☐ Add 3/4 cup water, sugar, ginger, 2 tablespoons soy sauce, rice wine, dark soy sauce, vinegar, ketchup, and salt to pot. Stir over medium-high heat until sugar dissolves.
- ☐ Add spareribs to pot, turning to coat with sauce mixture (sauce will not cover ribs). Arrange spareribs in single layer in pot; bring to boil. Reduce heat to low; cover and simmer until ribs are very tender, turning ribs occasionally and adding a few tablespoons water as needed to maintain liquid level, about 2 hours. DO AHEAD Can be made 1 day ahead. Chill uncovered until cold, then cover and keep chilled. Rewarm over medium heat.
- ☐ Transfer ribs to platter. Boil sauce in pot until reduced to generous 1/2 cup, about 5 minutes.
- ☐ Pour sauce over spareribs and serve.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:6.8, Inflammation Score:-2, Nutrition Score:21.1499999948299%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 691.13kcal (34.56%), Fat: 53.14g (81.76%), Saturated Fat: 17.08g (106.78%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 12.23g (4.45%), Sugar: 10.67g (11.85%), Cholesterol: 181.44mg (60.48%), Sodium: 1266.35mg (55.06%), Alcohol: 1.21g (100%), Alcohol %: 0.49% (100%), Protein: 36.66g (73.33%), Selenium: 50.21µg (71.73%), Vitamin B6: 1.34mg (67.02%), Vitamin B3: 11.19mg (55.93%), Vitamin B1: 0.73mg (48.85%), Zinc: 5.76mg (38.38%), Vitamin B2: 0.6mg (35.23%), Vitamin D: 5.22µg (34.78%), Phosphorus: 340.71mg (34.07%), Potassium: 609.12mg (17.4%), Vitamin B5: 1.48mg (14.77%), Vitamin B12: 0.86µg (14.36%), Iron: 2.46mg (13.68%), Magnesium: 45.06mg (11.27%), Copper: 0.22mg (11.02%), Vitamin E: 0.9mg (6.02%), Manganese: 0.11mg (5.41%), Calcium: 40.9mg (4.09%)