



Thai Spareribs

 Dairy Free

READY IN



1440 min.

SERVINGS



6

CALORIES



1110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup sherry dry
- 1.5 inch ginger fresh peeled chopped
- 4 large garlic clove peeled
- 0.5 cup brown sugar packed ()
- 2 large lemon grass
- 2 tablespoons satay sauce
- 6 servings rice
- 2 tablespoons sesame oil

- 6 pounds spare ribs cut into 2-rib servings (2 racks)
- 0.5 cup tamari sauce
- 0.8 cup coconut milk unsweetened canned
- 6 servings water boiling

Equipment

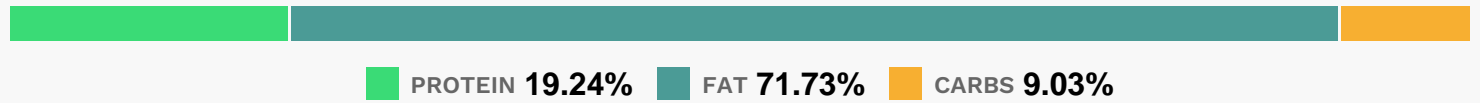
- frying pan
- baking sheet
- oven
- blender
- roasting pan
- aluminum foil
- ziploc bags
- tongs

Directions

- Preheat oven to 350°F. Arrange ribs in single layer in large roasting pan.
- Add just enough boiling water to cover ribs. Cover pan with foil. Oven-braise ribs until almost tender, about 1 1/2 hours.
- Meanwhile, cut bottom 2 inches from each lemongrass stalk (discard upper portions). Slice lemongrass into thin rounds; place in blender.
- Add 1/2 cup tamari, sugar, Sherry, peanut sauce, sesame oil, garlic, and ginger; blend until almost smooth. Blend in coconut milk and remaining 6 tablespoons tamari for marinade.
- Cool ribs, still covered, 30 minutes. transfer ribs to heavy-duty 2-gallon resealable plastic bag; discard braising liquid.
- Pour marinade into bag. Seal top and turn several times to coat ribs evenly. Refrigerate overnight, turning occasionally.
- Preheat oven to 350°F. Using tongs, arrange ribs in single layer on large rimmed baking sheet. Spoon marinade from bag over ribs. Roast uncovered until ribs are very tender, basting often with marinade, about 1 1/2 hours. Arrange ribs on platter. Scrape marinade into pitcher for sauce; spoon off fat that rises to surface.

- Brush sauce generously over ribs.
- Serve with Sesame-Cilantro Rice, passing remaining sauce alongside.
- Ingredient Info.
- Lemongrass is sold in the produce section of some supermarkets and at Asian markets. Tamari soy sauce and Thai peanut sauce are available in the Asian foods section of some supermarkets and at specialty foods stores and natural foods stores. Canned unsweetened coconut milk can be found at many supermarkets and at Indian, Southeast Asian, and Latin markets.

Nutrition Facts



Properties

Glycemic Index:22.7, Glycemic Load:0.92, Inflammation Score:-3, Nutrition Score:32.069130281148%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1110.16kcal (55.51%), Fat: 86.86g (133.63%), Saturated Fat: 30.91g (193.18%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 23.69g (8.62%), Sugar: 20.23g (22.47%), Cholesterol: 254.01mg (84.67%), Sodium: 1429.91mg (62.17%), Alcohol: 2.06g (100%), Alcohol %: 0.4% (100%), Protein: 52.42g (104.85%), Selenium: 72.57µg (103.67%), Vitamin B6: 1.92mg (95.96%), Vitamin B3: 15.9mg (79.49%), Vitamin B1: 1.04mg (69.29%), Zinc: 8.35mg (55.68%), Phosphorus: 513.65mg (51.37%), Vitamin B2: 0.83mg (49.11%), Vitamin D: 7.3µg (48.69%), Manganese: 0.57mg (28.68%), Potassium: 955.34mg (27.3%), Iron: 4.21mg (23.41%), Vitamin B5: 2.17mg (21.72%), Copper: 0.42mg (21.19%), Vitamin B12: 1.21µg (20.11%), Magnesium: 78.15mg (19.54%), Vitamin E: 1.29mg (8.62%), Calcium: 85.67mg (8.57%), Fiber: 0.9g (3.62%), Folate: 10.25µg (2.56%), Vitamin C: 1.59mg (1.93%)