



Chinese-Hawaiian "Barbecued" Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds baby back pork ribs (3 racks; do not cut apart)
- ☐ 0.3 cup medium-dry sherry
- ☐ 1 inch ginger fresh peeled smashed
- ☐ 1 garlic clove smashed
- ☐ 0.5 cup catsup
- ☐ 1 teaspoon salt
- ☐ 0.5 cup soya sauce
- ☐ 0.8 cup sugar

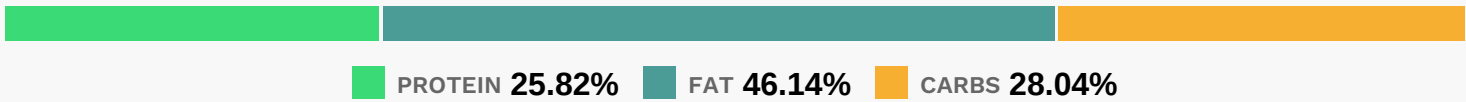
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Stir together sugar, soy sauce, ketchup, Sherry, and salt in a bowl until sugar is dissolved.
- ☐ Pour marinade into a roasting pan, then add garlic, ginger, and ribs, turning ribs to coat with marinade. Marinate, covered and chilled, turning occasionally, at least 3 hours.
- ☐ Preheat oven to 325°F.
- ☐ Line bottom of a broiler pan with foil, then arrange ribs, rounded sides up, on broiler rack, reserving marinade for basting (discard garlic and ginger). Roast in middle of oven, basting with marinade every 20 minutes (do not baste during last 10 minutes of cooking), until ribs are tender and glaze is well browned, about 1 3/4 hours. Discard any unused marinade.
- ☐ Let racks stand 5 minutes, then cut into individual ribs.
- ☐ Ribs can marinate up to 1 day.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:17.7, Inflammation Score:-3, Nutrition Score:16.397826174031%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 457.98kcal (22.9%), Fat: 23.46g (36.1%), Saturated Fat: 8.27g (51.69%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 31.84g (11.58%), Sugar: 29.66g (32.95%), Cholesterol: 98.59mg (32.86%), Sodium: 1774.23mg (77.14%), Alcohol: 1.03g (100%), Alcohol %: 0.59% (100%), Protein: 29.55g (59.09%), Selenium: 44.4µg (63.43%), Vitamin B3: 10.75mg (53.77%), Vitamin B1: 0.67mg (44.56%), Vitamin B6: 0.69mg (34.31%), Vitamin B2: 0.51mg (29.74%), Phosphorus: 253.33mg (25.33%), Zinc: 3.77mg (25.14%), Vitamin B12: 0.8µg (13.34%), Potassium: 464.63mg (13.28%), Vitamin B5: 1.26mg (12.61%), Vitamin D: 1.57µg (10.48%), Iron: 1.67mg (9.3%), Copper: 0.18mg (8.99%), Magnesium: 34.83mg (8.71%), Manganese: 0.15mg (7.62%), Calcium: 53.64mg (5.36%), Vitamin E: 0.64mg (4.26%), Vitamin A: 134.08IU (2.68%), Folate: 5.52µg (1.38%), Vitamin C: 1.03mg (1.25%)