



Chinese Pork Ribs

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

READY IN



190 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cloves garlic minced
- 3 tablespoons catsup
- 0.3 cup orange marmalade
- 3 pounds pork ribs bone-in country style
- 1 tablespoon rice wine
- 1 tablespoon sesame oil
- 0.3 cup soya sauce

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Combine soy sauce, marmalade, ketchup, rice wine, sesame oil, and garlic in a bowl.
- Pour half the sauce into a slow cooker; top with ribs.
- Drizzle with remaining sauce.
- Cover and cook on Low until pork is tender, about 3 hours. Thicken cooking juices in a small skillet over medium heat, if desired.

Nutrition Facts

PROTEIN 33.3% **FAT 49.75%** **CARBS 16.95%**

Properties

Glycemic Index:7.5, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:16.191304307917%

Flavonoids

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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 362.68kcal (18.13%), Fat: 19.79g (30.44%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 14.9g (5.42%), Sugar: 12.45g (13.83%), Cholesterol: 109.09mg (36.36%), Sodium: 711.22mg (30.92%), Alcohol: 0.4g (100%), Alcohol %: 0.27% (100%), Protein: 29.8g (59.6%), Selenium: 48.17µg (68.82%), Vitamin B6: 0.85mg (42.7%), Vitamin B1: 0.56mg (37.62%), Phosphorus: 302.95mg (30.3%), Zinc: 4.18mg (27.89%), Vitamin B3: 5.06mg (25.28%), Vitamin B12: 1.47µg (24.57%), Vitamin B5: 2.43mg (24.26%), Vitamin B2: 0.41mg (23.93%), Potassium: 525.58mg (15.02%), Magnesium: 36.8mg (9.2%), Iron: 1.57mg (8.74%), Copper: 0.16mg (7.83%), Vitamin D: 1.03µg (6.88%), Manganese: 0.11mg (5.44%), Calcium: 45.99mg (4.6%), Vitamin E: 0.49mg (3.29%), Vitamin C: 1.78mg (2.16%), Vitamin A: 61.47IU (1.23%), Fiber: 0.27g (1.07%), Folate: 4.07µg (1.02%)