



Chinese pork ribs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 pork ribs
- ☐ 100 ml hoisin sauce
- ☐ 2 tbsp soya sauce
- ☐ 1 tbsp clear honey
- ☐ 1 tbsp vinegar canned (you can use cider, malt or wine)
- ☐ 1 tsp five spice powder chinese

Equipment

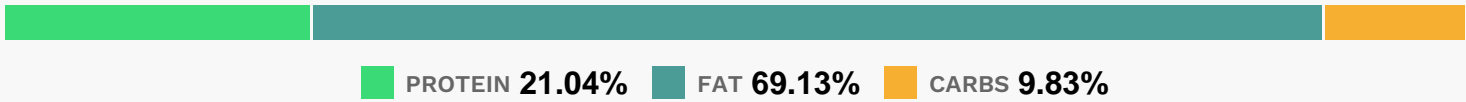
- ☐ frying pan

☐ grill

Directions

- ☐ Put the ribs in a large pan and cover with water. Bring to the boil and simmer for 15 mins. Meanwhile, pour the hoisin sauce in a jug and stir in the soy sauce, honey, vinegar and five-spice.
- ☐ Drain the ribs very well, then brush with the glaze if barbecuing, chill, cover and keep in the fridge for later.
- ☐ Heat the grill to high, if using. Grill or barbecue for 15–20 mins, turning from time to time until shiny and slightly charred in places.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:22.941738934297%

Nutrients (% of daily need)

Calories: 746.65kcal (37.33%), Fat: 56.68g (87.2%), Saturated Fat: 18.04g (112.74%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 17.1g (6.22%), Sugar: 12.4g (13.78%), Cholesterol: 190.71mg (63.57%), Sodium: 1166.15mg (50.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.62%), Selenium: 52.91µg (75.59%), Vitamin B6: 1.41mg (70.29%), Vitamin B3: 11.8mg (58.98%), Vitamin B1: 0.77mg (51.12%), Zinc: 6.13mg (40.86%), Vitamin B2: 0.68mg (39.84%), Vitamin D: 5.46µg (36.39%), Phosphorus: 362.09mg (36.21%), Potassium: 645.14mg (18.43%), Iron: 3.06mg (17%), Vitamin B5: 1.55mg (15.48%), Vitamin B12: 0.9µg (15.03%), Magnesium: 50.38mg (12.6%), Copper: 0.25mg (12.52%), Manganese: 0.17mg (8.58%), Vitamin E: 0.96mg (6.4%), Calcium: 53.69mg (5.37%), Fiber: 1.04g (4.17%), Folate: 8.51µg (2.13%)