

Chinese Spareribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five-spice powder chinese
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.5 teaspoon garlic fresh grated
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon catsup
- ☐ 1 teaspoon juice of lemon
- ☐ 1 pound pork spareribs

- ☐ 1 teaspoon rice vinegar
- ☐ 1 tablespoon sake
- ☐ 1 tablespoon soya sauce

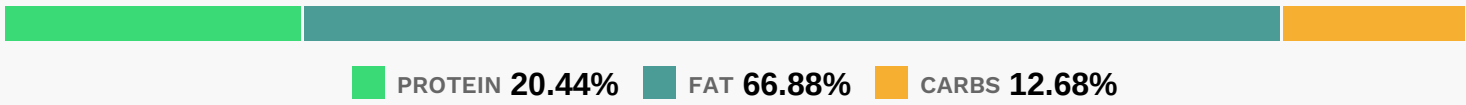
Equipment

- ☐ oven
- ☐ broiler

Directions

- ☐ In a shallow glass dish, mix together the hoisin sauce, ketchup, honey, soy sauce, sake, rice vinegar, lemon juice, ginger, garlic and five-spice powder.
- ☐ Place the ribs in the dish, and turn to coat. Cover and marinate in the refrigerator for 2 hours, or as long as overnight.
- ☐ Preheat the oven to 325 degrees F (165 degrees C). Fill a broiler tray with enough water to cover the bottom.
- ☐ Place the grate or rack over the tray. Arrange the ribs on the grate.
- ☐ Place the broiler rack in the center of the oven. Cook for 40 minutes, turning and brushing with the marinade every 10 minutes.
- ☐ Let the marinade cook on for the final 10 minutes to make a glaze. Finish under the broiler if desired. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:83.64, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:22.217391269362%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 740.57kcal (37.03%), Fat: 54g (83.07%), Saturated Fat: 17.22g (107.63%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.11g (8.04%), Sugar: 17.01g (18.9%), Cholesterol: 182.16mg (60.72%), Sodium: 1144.25mg (49.75%), Alcohol: 1.21g (100%), Alcohol %: 0.52% (100%), Protein: 37.14g (74.27%), Selenium: 50.79µg (72.56%), Vitamin B6: 1.36mg (68.22%), Vitamin B3: 11.36mg (56.8%), Vitamin B1: 0.73mg (48.97%), Zinc: 5.86mg (39.09%), Vitamin B2: 0.65mg (38.5%), Vitamin D: 5.22µg (34.78%), Phosphorus: 347.41mg (34.74%), Potassium: 641.88mg (18.34%), Iron: 2.8mg (15.58%), Vitamin B5: 1.49mg (14.92%), Vitamin B12: 0.86µg (14.36%), Copper: 0.24mg (12.24%), Magnesium: 48.92mg (12.23%), Manganese: 0.17mg (8.62%), Vitamin E: 1.02mg (6.82%), Calcium: 50.68mg (5.07%), Fiber: 0.9g (3.61%), Vitamin C: 1.81mg (2.2%), Folate: 8.71µg (2.18%)