



Chinese Spareribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking sherry dry
- ☐ 1 clove garlic crushed
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 4 pounds pork spareribs
- ☐ 0.5 cup kikkoman soy sauce

Equipment

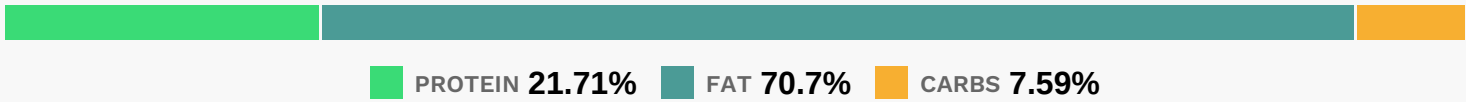
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut ribs into serving pieces; place in shallow, foil-lined pan, meaty side down.
- ☐ Combine remaining ingredients; brush ribs thoroughly with sauce.
- ☐ Cover and bake at 350 degrees F. 1 hour.
- ☐ Turn ribs over, pour remaining sauce over ribs and brush with sauce.
- ☐ Bake, uncovered, 30 minutes longer; brush occasionally.

Nutrition Facts



Properties

Glycemic Index:28.07, Glycemic Load:12.47, Inflammation Score:-3, Nutrition Score:38.362174263791%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1373.57kcal (68.68%), Fat: 106.18g (163.35%), Saturated Fat: 34.16g (213.49%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 25.3g (9.2%), Sugar: 23.84g (26.49%), Cholesterol: 362.87mg (120.96%), Sodium: 1989.39mg (86.5%), Alcohol: 1.54g (100%), Alcohol %: 0.37% (100%), Protein: 73.37g (146.75%), Selenium: 100.44µg (143.49%), Vitamin B6: 2.69mg (134.3%), Vitamin B3: 22.36mg (111.8%), Vitamin B1: 1.47mg (97.76%), Zinc: 11.56mg (77.05%), Vitamin B2: 1.2mg (70.39%), Vitamin D: 10.43µg (69.55%), Phosphorus: 682.45mg (68.25%), Potassium: 1189.17mg (33.98%), Vitamin B5: 2.97mg (29.75%), Vitamin B12: 1.72µg (28.73%), Iron: 5.01mg (27.86%), Magnesium: 86.69mg (21.67%), Copper: 0.42mg (20.78%), Manganese: 0.28mg (14.22%), Vitamin E: 1.68mg (11.19%), Calcium: 78.38mg (7.84%), Folate: 5.97µg (1.49%), Fiber: 0.32g (1.29%)