



## Chinese Spareribs with Teriyaki Glaze

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

READY IN



170 min.

SERVINGS



10

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup five-spice powder chinese
- 0.3 cup brown sugar
- 2 inch ginger fresh with the flat side of a knife
- 2 garlic cloves smashed
- 1 cup grapefruit juice
- 1 leaves cilantro and green onion fresh chopped for garnish
- 0.3 cup hoisin sauce
- 0.3 cup catsup

- 1 cup soya sauce low-sodium
- 2 racks pork spareribs trimmed
- 1 chile fresh red
- 3 tablespoons rice vinegar
- 10 servings sea salt and pepper black freshly ground
- 2 tablespoons sesame seed for garnish

## Equipment

- oven
- knife
- pot
- roasting pan
- broiler
- cleaver

## Directions

- Preheat the oven to 300 degrees F.
- Rub the ribs all over with the five-spice powder; season generously with salt and pepper. Arrange the ribs in a single layer in a roasting pan and slow-roast for 2 1/2 hours.
- To prepare the teriyaki glaze: Meanwhile, in a pot, combine the soy sauce, grapefruit juice, hoisin sauce, ketchup, rice wine vinegar, brown sugar, chile, garlic, and ginger over medium heat. Bring to a slow simmer and cook, stirring, until thickened, about 20 minutes.
- In the last 30 minutes of cooking, baste the ribs with the teriyaki sauce. When they are done, the pork will pull away from the bone and you will see about 1/2-inch of bone showing. Just before you're ready to eat, baste the ribs with the teriyaki sauce again and stick them under the broiler for 5 to 8 minutes to make the spareribs a nice crusty brown. (Keep a close eye on these guys - ribs go from perfectly crisp to perfectly burnt seconds.) Separate the ribs with a cleaver or sharp knife, pile them on a platter, and pour on the remaining sauce.
- Sprinkle with sesame seeds, chopped cilantro, and green onion before serving.

## Nutrition Facts



■ PROTEIN 21.6% ■ FAT 68.27% ■ CARBS 10.13%

## Properties

Glycemic Index:29.2, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:31.007391084795%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 841.67kcal (42.08%), Fat: 63.89g (98.29%), Saturated Fat: 19.81g (123.82%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 18.86g (6.86%), Sugar: 11.49g (12.77%), Cholesterol: 208.21mg (69.4%), Sodium: 1299.3mg (56.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.49g (90.99%), Selenium: 58.85µg (84.07%), Vitamin B6: 1.67mg (83.58%), Vitamin B3: 13.16mg (65.81%), Vitamin B1: 0.9mg (59.89%), Zinc: 7.54mg (50.24%), Phosphorus: 481.75mg (48.17%), Vitamin B2: 0.78mg (46.01%), Iron: 7.62mg (42.31%), Vitamin D: 5.98µg (39.87%), Potassium: 991.9mg (28.34%), Manganese: 0.51mg (25.48%), Magnesium: 92.23mg (23.06%), Copper: 0.42mg (21.12%), Vitamin C: 15.85mg (19.21%), Vitamin B5: 1.86mg (18.57%), Vitamin B12: 0.99µg (16.47%), Calcium: 150.96mg (15.1%), Fiber: 2.46g (9.86%), Vitamin E: 1.21mg (8.09%), Folate: 17.89µg (4.47%), Vitamin A: 114.22IU (2.28%), Vitamin K: 1.23µg (1.17%)