



Chinese-Style Glazed Spareribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



998 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five spice powder
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 tablespoons plus light
- ☐ 1.5 inch ginger fresh peeled
- ☐ 2 large garlic clove
- ☐ 0.3 cup hoisin sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups chicken broth low-sodium

- ☐ 4 pound pork spareribs
- ☐ 0.5 cup port wine
- ☐ 0.8 cup soya sauce

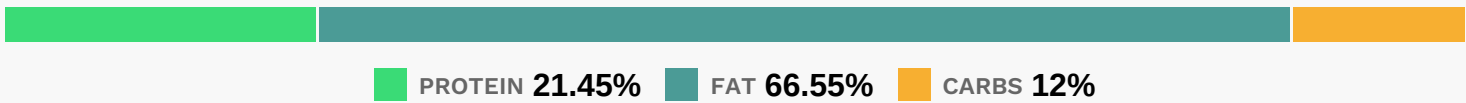
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Place spareribs, meaty side up, in a large shallow roasting pan. Process 1/2 cup broth and next 6 ingredients in a food processor.
- ☐ Combine with remaining 1 1/2 cups broth, and pour over ribs. Cover pan tightly with foil, set in lower third of oven, and bake at 325 for 2 hours 30 minutes or until meat is tender.
- ☐ Remove ribs from pan, and pour cooking liquid into a large heavy saucepan.
- ☐ Add lemon juice, brown sugar, and corn syrup, and boil, uncovered, 15 minutes over high heat or until thick and syrupy. Increase oven temperature to 37
- ☐ Return ribs to pan, and brush generously with glaze.
- ☐ Bake at 375 for 15 to 20 minutes, brushing twice more with glaze, until richly browned and glistening. Divide ribs, and serve.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.42, Inflammation Score:-3, Nutrition Score:30.38260848642%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 997.71kcal (49.89%), Fat: 71.79g (110.45%), Saturated Fat: 22.99g (143.66%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 28.41g (10.33%), Sugar: 22.87g (25.41%), Cholesterol: 242.26mg (80.75%), Sodium: 2084.4mg (90.63%), Alcohol: 3.06g (100%), Alcohol %: 0.83% (100%), Protein: 52.06g (104.11%), Selenium: 67.45µg (96.36%), Vitamin B6: 1.83mg (91.72%), Vitamin B3: 16.55mg (82.77%), Vitamin B1: 1mg (66.36%), Zinc: 7.9mg (52.69%), Vitamin B2: 0.86mg (50.54%), Phosphorus: 499.58mg (49.96%), Vitamin D: 6.96µg (46.37%), Potassium: 932.75mg (26.65%), Iron: 4.13mg (22.96%), Vitamin B5: 2.05mg (20.47%), Vitamin B12: 1.23µg (20.46%), Copper: 0.36mg (18.2%), Magnesium: 68.78mg (17.19%), Manganese: 0.27mg (13.6%), Vitamin E: 1.16mg (7.73%), Calcium: 77.22mg (7.72%), Fiber: 0.71g (2.85%), Folate: 8.77µg (2.19%), Vitamin C: 1.55mg (1.88%)