

Dad's Spare Ribs

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons cider vinegar
- 2 tablespoons honey
- 6 servings coarsely cracked pepper black for sprinkling
- 3 pounds pork spareribs cut into 1 1/2 by 1 1/2-inch to 1 1/2 by 2-inch pieces
- 2 tablespoons rice wine vinegar
- 4 tablespoons soya sauce dark
- 1 tablespoon sugar

Equipment

- bowl
- pot
- slotted spoon

Directions

- Place the spare ribs, cider vinegar, soy sauce, rice wine vinegar and sugar in a large bowl.
- Add 2/3 cup water and stir to combine.
- Place the spare ribs and the liquid in a large pot over low heat. Cover the pot and bring to a gentle simmer. Cook until the meat begins to come apart from the bone, about 40 minutes.
- Remove the spare ribs from the pot using a slotted spoon. Increase the heat to high and let the sauce reduce until it looks glazy, 5 to 10 minutes.
- Add the honey and sprinkle with pepper and let the sauce simmer, about 1 minute.
- Pour the sauce over the spare ribs and mix to combine.
- Serve immediately.

Nutrition Facts

PROTEIN 22.12% **FAT 72.63%** **CARBS 5.25%**

Properties

Glycemic Index:43.23, Glycemic Load:4.56, Inflammation Score:-1, Nutrition Score:20.932608607752%

Nutrients (% of daily need)

Calories: 668.77kcal (33.44%), Fat: 53.09g (81.68%), Saturated Fat: 17.08g (106.74%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.5g (3.09%), Sugar: 8.01g (8.9%), Cholesterol: 181.44mg (60.48%), Sodium: 855.2mg (37.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.76%), Selenium: 50.11µg (71.58%), Vitamin B6: 1.33mg (66.39%), Vitamin B3: 11.06mg (55.28%), Vitamin B1: 0.73mg (48.71%), Zinc: 5.74mg (38.3%), Vitamin D: 5.22µg (34.78%), Vitamin B2: 0.59mg (34.75%), Phosphorus: 337.23mg (33.72%), Potassium: 590.35mg (16.87%), Vitamin B5: 1.47mg (14.69%), Vitamin B12: 0.86µg (14.36%), Iron: 2.42mg (13.45%), Magnesium: 42.2mg (10.55%), Copper: 0.2mg (10.16%), Manganese: 0.14mg (7.06%), Vitamin E: 0.84mg (5.6%), Calcium: 38.67mg (3.87%)