

Filipino Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon ginger fresh grated
- 0.3 teaspoon ground pepper black
- 0.5 cup honey
- 1 tablespoon juice of lemon
- 1 medium onion finely chopped
- 2 medium onions cut into wedges
- 6 pounds pork spareribs

- 6 tablespoons soya sauce
- 6 star anise pods whole
- 1 tablespoon vegetable oil
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- oven
- pot
- baking pan
- tongs

Directions

- Place ribs in a 5 to 6 quart stock pot with the 2 wedged onions, 4 tablespoons of the soy sauce, pepper and star anise. Bring all to a boil. Reduce heat to medium low, cover and let simmer in meat juices until ribs are tender when pierced, about 1 1/4 hours. Stir occasionally.
- Meanwhile, heat oil in a medium skillet over medium heat.
- Add remaining chopped onion and saute, stirring often, until onion is soft. Blend in the ginger, honey, sugar, Worcestershire sauce, lemon juice and remaining 2 tablespoons of soy sauce. Cook all together, stirring, until well blended.
- Remove from heat.
- Preheat oven to 400 degrees F (200 degrees C).
- Using tongs, remove ribs from stock pot and arrange in a single layer in an 11x16 inch baking dish.
- Brush evenly with the honey mixture and bake in the preheated oven, basting often with pan drippings, about 30 minutes or until ribs are well glazed.

Nutrition Facts

 **PROTEIN 20.71%**  **FAT 69.4%**  **CARBS 9.89%**

Properties

Glycemic Index:14.44, Glycemic Load:6.73, Inflammation Score:-2, Nutrition Score:21.775217095471%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 708.81kcal (35.44%), Fat: 54.33g (83.58%), Saturated Fat: 17.27g (107.91%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 16.74g (6.09%), Sugar: 15.04g (16.71%), Cholesterol: 181.44mg (60.48%), Sodium: 707.26mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.49g (72.97%), Selenium: 50.28µg (71.83%), Vitamin B6: 1.36mg (68.09%), Vitamin B3: 11.01mg (55.06%), Vitamin B1: 0.74mg (49.64%), Zinc: 5.82mg (38.8%), Vitamin B2: 0.6mg (35.26%), Vitamin D: 5.22µg (34.78%), Phosphorus: 343.52mg (34.35%), Potassium: 640.88mg (18.31%), Vitamin B5: 1.5mg (15.05%), Iron: 2.68mg (14.88%), Vitamin B12: 0.86µg (14.36%), Magnesium: 44.53mg (11.13%), Copper: 0.22mg (10.99%), Manganese: 0.13mg (6.7%), Vitamin E: 0.94mg (6.28%), Calcium: 49.75mg (4.98%), Vitamin C: 2.91mg (3.52%), Fiber: 0.67g (2.67%), Vitamin K: 2.28µg (2.17%), Folate: 7.63µg (1.91%)