

Finger Licking Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 tablespoons garlic powder divided
- ☐ 0.5 cup kikkoman less sodium soy sauce
- ☐ 4 pounds pork spareribs
- ☐ 1 tablespoon vegetable oil

Equipment

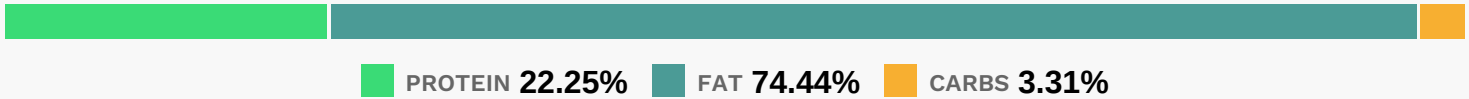
- ☐ frying pan

☐ dutch oven

Directions

- ☐ Cut ribs into 1-rib pieces and toss with 1 teaspoon garlic powder. Brown half of ribs in hot oil in Dutch oven over medium-high heat; remove. Brown remaining ribs.
- ☐ Drain fat from pan. Return ribs to pan; stir 1/3 cup water, less sodium soy sauce, sherry and brown sugar. Cover and simmer 1 hour, or until ribs are done, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:21.57565177645%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 676.51kcal (33.83%), Fat: 54.83g (84.36%), Saturated Fat: 17.35g (108.41%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 5.19g (1.89%), Sugar: 3.11g (3.46%), Cholesterol: 181.44mg (60.48%), Sodium: 759.87mg (33.04%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 36.87g (73.74%), Selenium: 50.5µg (72.14%), Vitamin B6: 1.37mg (68.27%), Vitamin B3: 10.78mg (53.91%), Vitamin B1: 0.74mg (49.26%), Zinc: 5.87mg (39.1%), Vitamin B2: 0.61mg (35.97%), Phosphorus: 355.99mg (35.6%), Vitamin D: 5.22µg (34.78%), Potassium: 638.12mg (18.23%), Vitamin B5: 1.49mg (14.91%), Vitamin B12: 0.86µg (14.36%), Iron: 2.43mg (13.52%), Magnesium: 49.84mg (12.46%), Copper: 0.2mg (10.08%), Vitamin E: 1.06mg (7.05%), Manganese: 0.12mg (6.03%), Calcium: 43.55mg (4.35%), Vitamin K: 3.16µg (3.01%), Folate: 8.06µg (2.01%), Fiber: 0.29g (1.17%)