



Hawaiian Ribs

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

READY IN



105 min.

SERVINGS



6

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

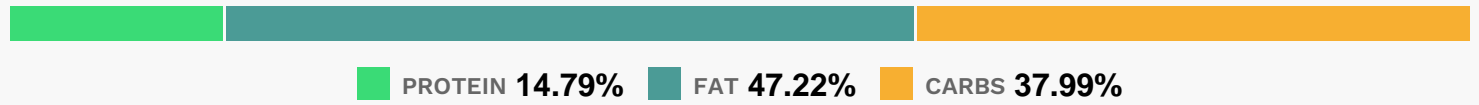
Ingredients

- 1 cup brown sugar
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- 8 ounce pineapple crushed canned (do not drain)
- 0.8 cup chili sauce
- 3 tablespoons cornstarch
- 0.5 cup onion chopped
- 3 tablespoons soya sauce
- 4 lbs spare ribs cut in serving size pieces

- 1 cup vinegar
- 0.8 cup water
- 1 tablespoon mustard yellow

Equipment

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:23.45652173913%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 954.23kcal (47.71%), Fat: 49.79g (76.59%), Saturated Fat: 15.97g (99.8%), Carbohydrates: 90.13g (30.04%), Net Carbohydrates: 88.37g (32.14%), Sugar: 81.83g (90.93%), Cholesterol: 169.34mg (56.45%), Sodium: 1183.11mg (51.44%), Protein: 35.09g (70.18%), Selenium: 49.29µg (70.41%), Vitamin B6: 1.36mg (68.19%), Vitamin B3: 10.99mg (54.94%), Vitamin B1: 0.76mg (50.71%), Zinc: 5.49mg (36.62%), Vitamin B2: 0.58mg (34.24%), Phosphorus: 342.27mg (34.23%), Vitamin D: 4.87µg (32.46%), Potassium: 826.19mg (23.61%), Iron: 3.14mg (17.44%), Copper: 0.32mg (15.85%), Vitamin B5: 1.48mg (14.78%), Magnesium: 57.21mg (14.3%), Vitamin B12: 0.8µg (13.41%), Vitamin C: 10.01mg (12.13%), Calcium: 115.45mg (11.54%), Vitamin E: 1.46mg (9.72%), Manganese: 0.17mg (8.31%), Fiber: 1.75g (7.01%), Vitamin A: 252.99IU (5.06%), Folate: 10.02µg (2.51%), Vitamin K: 2.13µg (2.03%)