



HEALTH SCORE

62%

## Hoisin-Glazed Ribs



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons hoisin sauce
- ☐ 1 roast ribs from asian-brined pork loin rack of
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 0.5 teaspoon sambal oelek
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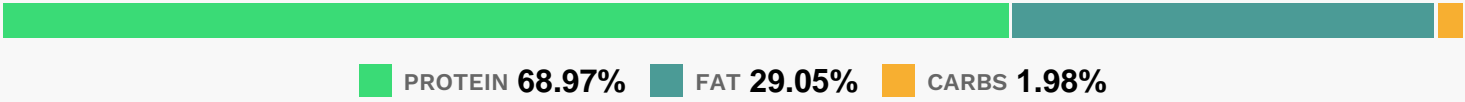
## Equipment

- ☐ bowl
- ☐ broiler

# Directions

- ☐ Light the broiler. In a bowl, combine the hoisin, sambal oelek and sesame oil.
- ☐ Brush the mixture over the ribs and broil 8 inches from the heat for about 6 minutes, turning once, until browned and glazed.
- ☐ Cut into individual ribs and serve.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:21.548695781795%

## Nutrients (% of daily need)

Calories: 298.55kcal (14.93%), Fat: 9.22g (14.18%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.87g (0.97%), Cholesterol: 138.38mg (46.13%), Sodium: 159.4mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.25g (98.5%), Selenium: 60.86µg (86.94%), Vitamin B6: 1.66mg (82.96%), Vitamin B1: 0.97mg (64.83%), Vitamin B3: 12.65mg (63.24%), Phosphorus: 495.09mg (49.51%), Zinc: 3.96mg (26.41%), Vitamin B2: 0.42mg (24.55%), Potassium: 824.74mg (23.56%), Vitamin B12: 1.12µg (18.66%), Vitamin B5: 1.64mg (16.37%), Magnesium: 57.84mg (14.46%), Iron: 1.22mg (6.76%), Copper: 0.13mg (6.57%), Vitamin D: 0.88µg (5.85%), Vitamin E: 0.3mg (1.98%), Calcium: 12mg (1.2%), Manganese: 0.02mg (1.17%)