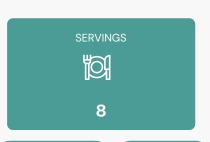


Honey-and-Soy-Lacquered Ribs

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1 tablespoon butter
2 tablespoons sriracha
1 teaspoon ground mustard dry
1 teaspoon ground ginger
0.5 cup honey
1 tablespoon kosher salt
1 tablespoon juice of lime fresh

2 teaspoons pepper freshly ground

	4 lb pork ribs louis-style	
	2 tablespoons soya sauce	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	sauce pan	
	oven	
	aluminum foil	
Di	rections	
	Preheat oven to 32	
	Rinse slabs, and pat dry.	
	Remove thin membrane from back of slabs by slicing into it and pulling it off. (This will make the ribs more tender.)	
	Sprinkle salt and pepper over slabs; wrap each slab tightly in aluminum foil.	
	Place slabs on a jelly-roll pan, and bake 2 to 2 1/2 hours or until tender and meat pulls away from bone.	
	Bring honey and next 6 ingredients to a boil in a saucepan over high heat, stirring occasionally Reduce heat to medium-low; simmer 5 minutes or until reduced by half.	
	Transfer to a bowl.	
	Remove slabs from oven. Increase oven temperature to broil on high. Carefully remove slabs from foil; place on a foil-?lined baking sheet.	
	Brush each slab with 3 Tbsp. honey mixture.	
	Broil 5 to 7 minutes or until browned and sticky.	
	Brush with remaining honey mixture.	

Nutrition Facts

Properties

Glycemic Index:18.66, Glycemic Load:9.2, Inflammation Score:-1, Nutrition Score:15.210869599944%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Quercetin: 0.01mg,

Nutrients (% of daily need)

Calories: 528.18kcal (26.41%), Fat: 38.69g (59.53%), Saturated Fat: 12.87g (80.45%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 18.97g (6.9%), Sugar: 18.27g (20.3%), Cholesterol: 130.77mg (43.59%), Sodium: 1473.16mg (64.05%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.26g (50.52%), Selenium: 35.84µg (51.2%), Vitamin B6: 0.93mg (46.51%), Vitamin B3: 7.65mg (38.25%), Vitamin B1: 0.51mg (34.15%), Zinc: 4.07mg (27.14%), Vitamin B2: 0.42mg (24.48%), Vitamin D: 3.65µg (24.34%), Phosphorus: 234.51mg (23.45%), Potassium: 419.33mg (11.98%), Manganese: 0.21mg (10.55%), Vitamin B5: 1.04mg (10.38%), Vitamin B12: 0.61µg (10.1%), Iron: 1.77mg (9.84%), Copper: 0.15mg (7.57%), Magnesium: 30.15mg (7.54%), Vitamin E: 0.65mg (4.33%), Calcium: 30.37mg (3.04%), Fiber: 0.45g (1.8%)