



WHATSheATE



Honey-and-Soy-Lacquered Ribs



Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



528 kcal

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

Directions

- ☐ 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



 PROTEIN **19.17%**  FAT **66.08%**  CARBS **14.75%**

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, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 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 %: 0% (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%)