

Honey Garlic Ribs

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

READY IN



80 min.

SERVINGS



4

CALORIES



1422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon baking soda
- 2 tablespoons brown sugar
- 2 cloves garlic minced
- 1 teaspoon garlic salt
- 0.5 cup honey
- 4 pounds pork spareribs
- 0.3 cup soya sauce
- 0.3 cup distilled vinegar white

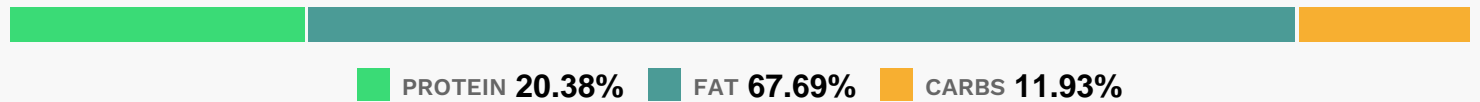
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Slice the ribs into individual pieces. In a large bowl, combine the honey, soy sauce, vinegar, garlic and brown sugar. Stir until honey and sugar are completely dissolved, then stir in the baking soda. The mixture will begin to foam.
- Transfer ribs to the bowl, and turn to coat.
- Cover a cookie sheet with foil, and arrange the ribs meat side up on the sheet.
- Pour excess sauce over all, and sprinkle with the garlic salt.
- Bake for 1 hour, turning every 20 minutes.

Nutrition Facts



Properties

Glycemic Index:36.82, Glycemic Load:18.45, Inflammation Score:-2, Nutrition Score:37.777391439709%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1421.87kcal (71.09%), Fat: 106.16g (163.33%), Saturated Fat: 34.15g (213.46%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 41.88g (15.23%), Sugar: 40.88g (45.42%), Cholesterol: 362.87mg (120.96%), Sodium: 2036.3mg (88.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.92g (143.85%), Selenium: 100.61µg (143.73%), Vitamin B6: 2.66mg (133.19%), Vitamin B3: 21.79mg (108.94%), Vitamin B1: 1.46mg (97.23%), Zinc: 11.52mg (76.78%), Vitamin D: 10.43µg (69.55%), Vitamin B2: 1.18mg (69.31%), Phosphorus: 663.28mg (66.33%), Potassium:

1164.9mg (33.28%), Vitamin B5: 2.94mg (29.35%), Vitamin B12: 1.72µg (28.73%), Iron: 4.73mg (26.27%), Copper: 0.41mg (20.32%), Magnesium: 80.31mg (20.08%), Vitamin E: 1.68mg (11.2%), Manganese: 0.19mg (9.54%), Calcium: 82.49mg (8.25%)