

STARTER & SNACK

Honey-Mustard Glazed Ribs in Oven and Broiler

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
105 min	15 min	90 min	6	\$0.72	197 kcal



Honey-Mustard Glazed Ribs in Oven and Broiler takes around 1 hour and 45 minutes from beginning to end. Watching your figure? This gluten free and dairy free recipe has 212 calories, 5g of protein, and 10g of fat per serving. This recipe serves 6.

Ingredients

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| ☐ ½ cup apple cider vinegar | ☐ 4 tablespoons canola oil |
| ☐ 3 tablespoons heaping tablespoons Dijon mustard | ☐ 2 inch ginger, skin on and sliced |
| ☐ 1/3 cup r honey | ☐ 2 tablespoons light brown sugar |
| ☐ 24 ribs racks St. Louis Style/Country Style pork ribs each) | ☐ 6 servings Salt and freshly ground black pepper |
| ☐ 1 cup soy sauce | ☐ 4 cups water |

Method

- 1 Watch how to make this recipe.
- 2 Combine the vinegar and brown sugar in a small saucepan over high heat and cook, stirring occasionally, until the sugar is completely dissolved and mixture reduces slightly, about 5 minutes.
- 3 Remove from the heat and whisk in the honey and mustard and season with salt and pepper, to taste.
- 4 Let cool to room temperature.
- 5 Preheat the oven to 500 degrees F.
- 6 Brush the pork racks on both sides with canola oil and season with salt and pepper, to taste.
- 7 In a saucepan over medium-high heat, combine the soy sauce, 4 cups of water and the ginger and bring to a boil.
- 8 Pour the mixture into the bottom of a roasting pan, fitted with a rack, and arrange the ribs on the rack. Wrap the pan with foil and roast until the ribs are tender, about 1 1/2 hours.
- 9 Remove the ribs from the oven and transfer to baking sheets lined with foil or parchment paper. Turn on the broiler and let heat for 3 to 5 minutes.
- 10 Brush the ribs heavily on the top side with some of the glaze, put under the broiler and broil until golden brown and a crust has formed.
- 11 Remove from the oven to a cutting board and brush with more of the glaze.
- 12 Let rest 10 minutes before slicing. Arrange the ribs on a serving platter and serve.

Nutrition per serving

197	5 g	10 g	23 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			20.2 g · 22% of daily needs
Sodium			2,256 mg · 98% of daily needs
Cholesterol			3 mg · 1% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/honey-mustard-glazed-ribs-in-oven-and-broiler-148201