



Hot Honeyed Spare Ribs

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

READY IN

ready

190 min.

SERVINGS

servings

12

CALORIES

calories

327 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 pounds baby back ribs cut in 1/2
- ☐ 1 teaspoon pepper black
- ☐ 1 cup catalina salad dressing
- ☐ 0.3 cup sriracha
- ☐ 1 tablespoon garlic salt
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup honey
- ☐ 0.3 cup soya sauce low-sodium

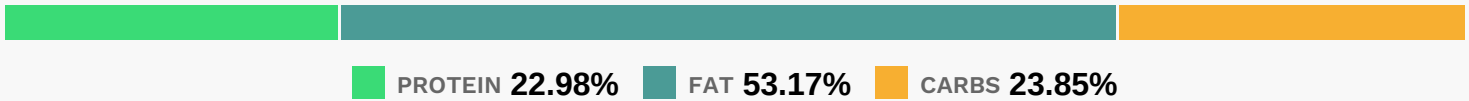
Equipment

- ☐ mixing bowl
- ☐ aluminum foil
- ☐ broiler
- ☐ slow cooker
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Preheat broiler. Line bottom portion of broiler pan with foil for easy clean up. Spray top rack lightly with cooking spray.
- ☐ Season ribs with garlic salt and pepper. Broil for 5 to 6 minutes, turn and broil for an additional 5 to 6 minutes.
- ☐ Place browned ribs in slow cooker.
- ☐ In a mixing bowl, stir together remaining ingredients.
- ☐ Pour sauce mixture over ribs. Move ribs around to make sure they are all coated. Cover and cook on High setting for 3 to 4 hours or Low for 8 hours.
- ☐ With tongs, remove ribs from slow cooker and let cool slightly before cutting into individual rib pieces. Skim grease from sauce.
- ☐ Serve ribs with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:7.02, Glycemic Load:6.09, Inflammation Score:-1, Nutrition Score:10.243478276159%

Nutrients (% of daily need)

Calories: 327.28kcal (16.36%), Fat: 19.25g (29.62%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 19.1g (6.94%), Sugar: 18.01g (20.01%), Cholesterol: 65.73mg (21.91%), Sodium: 1355.58mg

(58.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.44%), Selenium: 29.49µg (42.12%), Vitamin B3: 6.55mg (32.75%), Vitamin B1: 0.44mg (29.18%), Vitamin B6: 0.42mg (20.77%), Vitamin B2: 0.31mg (18.19%), Zinc: 2.5mg (16.68%), Phosphorus: 156.62mg (15.66%), Vitamin B12: 0.53µg (8.89%), Vitamin B5: 0.81mg (8.09%), Potassium: 265.86mg (7.6%), Vitamin D: 1.05µg (6.99%), Manganese: 0.12mg (5.99%), Iron: 0.91mg (5.05%), Magnesium: 19.85mg (4.96%), Copper: 0.1mg (4.89%), Calcium: 33.26mg (3.33%), Vitamin E: 0.25mg (1.68%), Fiber: 0.33g (1.32%)