



## Lime Spareribs

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

READY IN



**75 min.**

SERVINGS



**8**

CALORIES



**734 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup chili sauce
- 1 cup mushrooms fresh sliced
- 1 clove garlic minced
- 8 servings ground pepper black to taste
- 2 tablespoons honey
- 0.3 cup juice of lime fresh
- 1 tablespoon mustard prepared
- 0.3 cup olive oil

- 1 cup onion chopped
- 4 pounds pork spareribs
- 2 tablespoons red wine vinegar
- 2 teaspoons salt
- 0.3 cup soya sauce
- 0.7 cup water

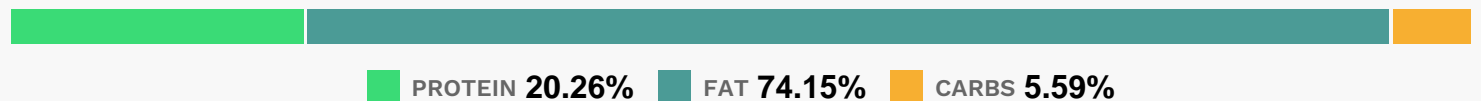
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Cut ribs into serving size pieces and place in a 9x13 inch baking dish. Preheat oven to 325 degrees F (165 degrees C).
- In a medium saucepan saute onion, garlic and mushrooms in oil until tender.
- Add vinegar, honey, lime juice, mustard, salt, pepper, soy sauce, water and chili sauce and mix together well. Warm mixture throughout.
- Pour this sauce over the ribs and bake in the preheated oven for 1 hour or until ribs are tender and internal temperature has reached 160 degrees F (70 degrees C). Baste often with sauce.

## Nutrition Facts



## Properties

Glycemic Index:27.53, Glycemic Load:2.86, Inflammation Score:-3, Nutrition Score:23.213478166124%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## Nutrients (% of daily need)

Calories: 733.87kcal (36.69%), Fat: 60g (92.3%), Saturated Fat: 18.03g (112.71%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.23g (3.36%), Sugar: 7.19g (7.99%), Cholesterol: 181.44mg (60.48%), Sodium: 1346.38mg (58.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.89g (73.77%), Selenium: 52.04µg (74.34%), Vitamin B6: 1.38mg (69.07%), Vitamin B3: 11.53mg (57.65%), Vitamin B1: 0.76mg (50.88%), Zinc: 5.86mg (39.04%), Vitamin B2: 0.65mg (38.05%), Phosphorus: 355.57mg (35.56%), Vitamin D: 5.24µg (34.94%), Potassium: 692.54mg (19.79%), Vitamin B5: 1.67mg (16.71%), Vitamin B12: 0.87µg (14.44%), Iron: 2.56mg (14.24%), Vitamin E: 2.06mg (13.73%), Copper: 0.26mg (13.19%), Magnesium: 45.87mg (11.47%), Vitamin C: 5.99mg (7.26%), Manganese: 0.13mg (6.3%), Calcium: 47.63mg (4.76%), Vitamin K: 4.98µg (4.74%), Fiber: 0.95g (3.78%), Folate: 9.19µg (2.3%), Vitamin A: 83.44IU (1.67%)