

# Maple Spareribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



1593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon garlic powder
- ☐ 1 cup maple syrup
- ☐ 3 pounds pork spareribs
- ☐ 3 tablespoons cooking rice wine sweet
- ☐ 2 teaspoons salt
- ☐ 0.3 cup soya sauce
- ☐ 0.5 teaspoon sugar

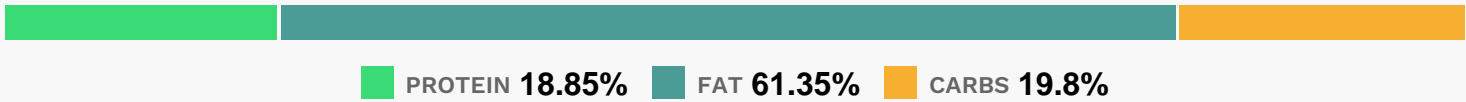
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ dutch oven

## Directions

- ☐ Bring ribs and water to cover to a boil in a large Dutch oven; reduce heat, and simmer 30 minutes.
- ☐ Drain.
- ☐ Place ribs in a lightly greased 13- x 9-inch pan.
- ☐ Stir together maple syrup and next 5 ingredients; pour over ribs.
- ☐ Bake at 325 for 1 hour.
- ☐ Grilled Maple Spareribs: Boil ribs as directed; drain. Prepare fire by piling charcoal or lava rocks on 1 side of grill, leaving other side empty. Coat rack with cooking spray, and place on grill. Arrange ribs over empty side, and grill, covered with grill lid, 1 hour and 30 minutes, basting occasionally with sauce.
- ☐ NOTE: For testing purposes only, we used Kikkoman Aji-Mirin Sweet Cooking Rice Wine.

## Nutrition Facts



## Properties

Glycemic Index:42.2, Glycemic Load:27.13, Inflammation Score:-3, Nutrition Score:44.734782666697%

## Nutrients (% of daily need)

Calories: 1593.21kcal (79.66%), Fat: 106.19g (163.37%), Saturated Fat: 34.16g (213.5%), Carbohydrates: 77.11g (25.7%), Net Carbohydrates: 76.66g (27.88%), Sugar: 65.48g (72.76%), Cholesterol: 362.87mg (120.96%), Sodium: 3369.24mg (146.49%), Alcohol: 2.41g (100%), Alcohol %: 0.5% (100%), Protein: 73.4g (146.79%), Vitamin B2: 2.54mg (149.69%), Selenium: 100.85µg (144.07%), Vitamin B6: 2.7mg (134.96%), Manganese: 2.67mg (133.64%), Vitamin B3: 22.27mg (111.37%), Vitamin B1: 1.54mg (102.97%), Zinc: 12.29mg (81.93%), Vitamin D: 10.43µg (69.55%), Phosphorus: 685.02mg (68.5%), Potassium: 1429.74mg (40.85%), Vitamin B5: 2.95mg (29.52%), Vitamin B12: 1.72µg (28.73%), Iron: 5.04mg (27.99%), Magnesium: 108.42mg (27.1%), Copper: 0.41mg (20.72%), Calcium: 194.01mg (19.4%), Vitamin E: 1.7mg (11.31%), Fiber: 0.45g (1.78%), Folate: 5.89µg (1.47%)