



WHATSheATE

Really sticky ribs



Gluten Free



Dairy Free



Popular

READY IN



95 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



500 g passata



2 garlic clove crushed



2 tbsp soya sauce reduced-salt



1 tbsp worcestershire sauce



1 kg pork ribs lean



3 tbsp honey

Equipment



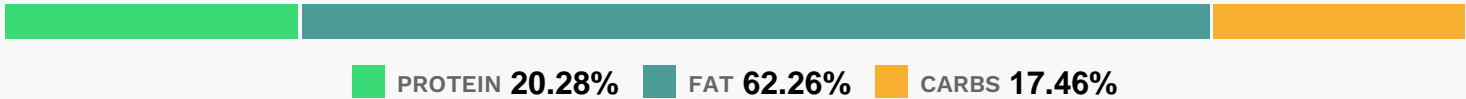
bowl

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ In a large bowl, mix together the passata, garlic, soy sauce, honey and Worcestershire sauce.
- ☐ Add the pork ribs to the bowl and mix well to coat evenly.
- ☐ Lay the ribs and all the sauce into a large, shallow roasting tin. Cover with foil and bake for 35 mins.
- ☐ Remove foil from tray and bake the ribs for a further 45–60 mins, turning them a couple of times, until sticky and almost all of the sauce has disappeared. To make ahead, cook or half-cook the ribs the night before and keep in the fridge until needed.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:4.65, Inflammation Score:-5, Nutrition Score:15.878695736761%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 394.02kcal (19.7%), Fat: 27.49g (42.29%), Saturated Fat: 8.81g (55.06%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 15.67g (5.7%), Sugar: 13.04g (14.49%), Cholesterol: 93.33mg (31.11%), Sodium: 490.42mg (21.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Vitamin B6: 0.8mg (40.08%), Selenium: 26.54µg (37.91%), Vitamin B3: 6.94mg (34.69%), Vitamin B1: 0.4mg (26.7%), Vitamin B2: 0.38mg (22.2%), Zinc: 3.28mg (21.88%), Phosphorus: 209.28mg (20.93%), Potassium: 693.02mg (19.8%), Vitamin D: 2.68µg (17.89%), Copper: 0.35mg (17.65%), Iron: 2.9mg (16.11%), Vitamin E: 2.08mg (13.84%), Vitamin C: 9.57mg (11.6%), Vitamin B5: 1.13mg (11.31%), Manganese: 0.21mg (10.38%), Magnesium: 41.06mg (10.27%), Vitamin A: 427.33IU (8.55%), Vitamin B12: 0.44µg (7.39%), Fiber: 1.67g (6.69%), Calcium: 39.17mg (3.92%), Vitamin K: 2.88µg (2.74%), Folate: 10.71µg (2.68%)