



Sesame Teriyaki/Honey Glazed Pork Ribs

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 8 servings hickory wood chips
- ☐ 2 pounds pork spareribs
- ☐ 0.3 cup garlic and herb rub dried with cajun spices
- ☐ 0.5 cup sesame seed teriyaki marinade

Equipment

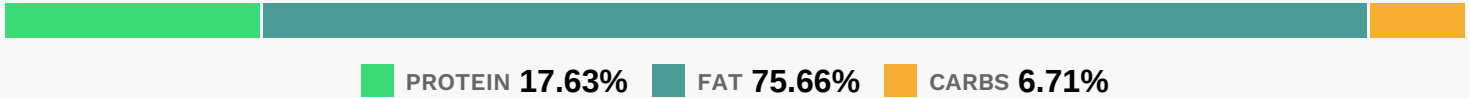
- ☐ grill

☐ aluminum foil

Directions

- ☐ Pat olive oil and dry rub over the ribs making sure all the ribs are covered completely in the rub and let sit overnight, refrigerated, in a non-reactive container.
- ☐ Combine the sesame teriyaki marinade and honey, mix well and using hands completely cover the ribs with mixture.
- ☐ Let stand for at least 1 hour.
- ☐ Light gas grill and set on a low to medium flame, placing soaked hickory wood chips wrapped in foil over the flames. Slow roast the ribs turning occasionally for about 1 hour.
- ☐ Remove when done and serve.

Nutrition Facts



Properties

Glycemic Index:18.95, Glycemic Load:2.8, Inflammation Score:-2, Nutrition Score:14.289130589398%

Nutrients (% of daily need)

Calories: 441.9kcal (22.09%), Fat: 37.3g (57.38%), Saturated Fat: 11.1g (69.38%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.34g (4.82%), Cholesterol: 98.4mg (32.8%), Sodium: 136.45mg (5.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.11%), Selenium: 28.22µg (40.31%), Vitamin B6: 0.73mg (36.4%), Vitamin B1: 0.44mg (29.11%), Vitamin B3: 5.74mg (28.69%), Zinc: 3.58mg (23.84%), Copper: 0.48mg (23.78%), Phosphorus: 219.84mg (21.98%), Vitamin B2: 0.31mg (18.24%), Vitamin D: 2.61µg (17.39%), Iron: 2.45mg (13.62%), Magnesium: 51.33mg (12.83%), Manganese: 0.25mg (12.42%), Calcium: 108.86mg (10.89%), Potassium: 325.36mg (9.3%), Vitamin B5: 0.72mg (7.22%), Vitamin B12: 0.43µg (7.18%), Vitamin E: 0.95mg (6.31%), Fiber: 1.16g (4.65%), Folate: 9.42µg (2.35%), Vitamin K: 2.11µg (2.01%)