



Slow-Baked Spareribs with Mango-Chutney Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



2329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ground pepper
- ☐ 1 cup sherry dry
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 4 large garlic clove minced
- ☐ 2 spring onion finely chopped
- ☐ 2 tablespoons honey
- ☐ 0.3 cup mango chutney

- ☐ 0.3 cup sesame oil
- ☐ 6.5 pounds pork spareribs
- ☐ 0.5 cup soya sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Arrange rib racks in large roasting pan.
- ☐ Whisk all remaining ingredients in bowl.
- ☐ Pour marinade over ribs, turning to coat. Cover; chill overnight, turning ribs once.
- ☐ Position 1 oven rack in top third of oven and 1 rack in bottom third of oven; preheat to 300°F.
- ☐ Drain ribs; reserve marinade.
- ☐ Transfer marinade to saucepan; bring to boil.
- ☐ Remove from heat.
- ☐ Place each rack of ribs on large rimmed baking sheet.
- ☐ Place 1 baking sheet on each rack in oven.
- ☐ Bake ribs until tender, basting with 1/4 cup marinade every 20 minutes and covering edges of ribs with strips of foil to protect from burning if necessary, about 3 hours total.
- ☐ Cut between bones to separate ribs.
- ☐ Transfer to platter; serve.

Nutrition Facts



Properties

Glycemic Index:61.57, Glycemic Load:13.34, Inflammation Score:-6, Nutrition Score:49.929999703946%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 2329.15kcal (116.46%), Fat: 186.27g (286.57%), Saturated Fat: 57.46g (359.12%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 27.62g (10.04%), Sugar: 20.25g (22.5%), Cholesterol: 589.67mg (196.56%), Sodium: 2229.05mg (96.92%), Alcohol: 6.18g (100%), Alcohol %: 0.89% (100%), Protein: 117.62g (235.24%), Selenium: 163.48µg (233.54%), Vitamin B6: 4.38mg (219.08%), Vitamin B3: 35.7mg (178.52%), Vitamin B1: 2.39mg (159.08%), Zinc: 18.74mg (124.91%), Vitamin B2: 1.94mg (113.92%), Vitamin D: 16.95µg (113.02%), Phosphorus: 1101.12mg (110.11%), Potassium: 1955.58mg (55.87%), Vitamin B5: 4.78mg (47.8%), Vitamin B12: 2.8µg (46.68%), Iron: 7.9mg (43.87%), Magnesium: 140.06mg (35.01%), Copper: 0.68mg (33.8%), Vitamin E: 3.13mg (20.88%), Manganese: 0.38mg (18.96%), Vitamin K: 14.97µg (14.25%), Calcium: 137.41mg (13.74%), Vitamin C: 4.46mg (5.4%), Vitamin A: 268.14IU (5.36%), Fiber: 0.88g (3.51%), Folate: 13.02µg (3.26%)