



## Spicy Chinese Barbeque Ribslets

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

READY IN



105 min.

SERVINGS



4

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds baby back ribs cut into 1-inch ribslets
- 0.3 cup garlic chopped
- 1 cup hoisin sauce
- 2 tablespoons pepper sauce hot to taste tabasco® (such as )
- 0.5 cup soya sauce
- 0.5 cup tomato paste
- 1 cup sugar white
- 0.3 cup white wine

# Equipment

- bowl
- frying pan
- oven
- roasting pan

# Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine the hoisin sauce, white wine, soy sauce, sugar, tomato paste, garlic, and hot sauce in large bowl; mix well.
- Place the riblets in a large roasting pan and bake in the preheated oven, uncovered, for 45 minutes.
- Pour sauce over riblets and toss to coat. Return the pan to the oven; bake, stirring often, until ribs are tender and sauce has thickened, about 45 minutes.

# Nutrition Facts



# Properties

Glycemic Index:43.77, Glycemic Load:38.16, Inflammation Score:-6, Nutrition Score:24.279130396636%

# Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

# Nutrients (% of daily need)

Calories: 737.84kcal (36.89%), Fat: 26.07g (40.11%), Saturated Fat: 8.7g (54.38%), Carbohydrates: 91.37g (30.46%), Net Carbohydrates: 87.68g (31.88%), Sugar: 73.51g (81.68%), Cholesterol: 100.65mg (33.55%), Sodium: 3291.46mg (143.11%), Alcohol: 2.06g (100%), Alcohol %: 0.73% (100%), Protein: 34.57g (69.15%), Selenium: 48.6µg (69.42%),

Vitamin B3: 12.74mg (63.68%), Vitamin B1: 0.71mg (47.52%), Vitamin B6: 0.9mg (45%), Vitamin B2: 0.71mg (41.55%), Phosphorus: 328.37mg (32.84%), Manganese: 0.6mg (30.02%), Zinc: 4.32mg (28.77%), Potassium: 886.94mg (25.34%), Iron: 3.7mg (20.56%), Copper: 0.41mg (20.41%), Vitamin C: 14.96mg (18.13%), Magnesium: 69.17mg (17.29%), Fiber: 3.7g (14.79%), Vitamin B5: 1.44mg (14.38%), Vitamin B12: 0.8µg (13.34%), Vitamin E: 1.96mg (13.06%), Vitamin A: 546.29IU (10.93%), Vitamin D: 1.57µg (10.48%), Calcium: 102.09mg (10.21%), Folate: 25.81µg (6.45%), Vitamin K: 4.46µg (4.25%)