



Sticky Pork Ribs



Gluten Free



Dairy Free

READY IN



305 min.

SERVINGS



4

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon spice powder
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 cloves garlic finely chopped
- ☐ 6 tablespoons honey
- ☐ 0.3 cup oyster sauce
- ☐ 3 pounds pork ribs
- ☐ 2 tablespoons rice wine
- ☐ 0.5 teaspoon salt

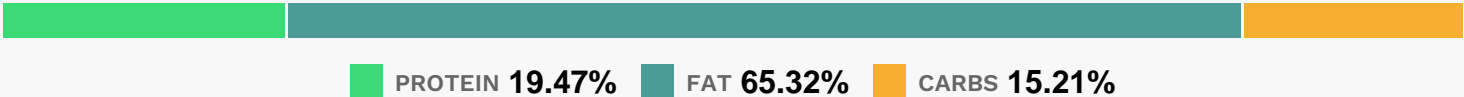
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Cut ribs into 3-rib portions.
- ☐ Whisk together honey, oyster sauce, rice wine, garlic, 5-spice powder, crushed red pepper and salt in a bowl.
- ☐ Place ribs in slow cooker and cover with sauce, turning ribs to coat. Stand ribs on their side to make them fit, if necessary. Cover and cook on low until meat is tender and falling off the bone, 4 to 5 hours, turning ribs once or twice to allow them to brown.
- ☐ Transfer ribs to a cutting board and cover with foil to keep warm.
- ☐ Pour cooking liquid through a fine-mesh sieve into a small pot. Bring to a boil over medium heat and cook until reduced by half, about 5 minutes.
- ☐ Pour sauce over ribs and serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.82, Glycemic Load:13.82, Inflammation Score:-2, Nutrition Score:22.411739243113%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg,

Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 779.7kcal (38.99%), Fat: 55.89g (85.99%), Saturated Fat: 17.95g (112.17%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 28.95g (10.53%), Sugar: 25.91g (28.79%), Cholesterol: 190.51mg (63.5%), Sodium: 885.53mg (38.5%), Alcohol: 1.21g (100%), Alcohol %: 0.52% (100%), Protein: 37.48g (74.96%), Selenium: 53.89µg (76.98%), Vitamin B6: 1.42mg (71.12%), Vitamin B3: 11.42mg (57.09%), Vitamin B1: 0.77mg (51.3%), Zinc: 6.11mg (40.73%), Vitamin B2: 0.63mg (37.34%), Vitamin D: 5.48µg (36.51%), Phosphorus: 348.21mg (34.82%), Potassium: 626.54mg (17.9%), Vitamin B12: 0.96µg (16.07%), Vitamin B5: 1.54mg (15.36%), Iron: 2.61mg (14.52%), Copper: 0.24mg (12%), Magnesium: 41.74mg (10.44%), Vitamin E: 0.98mg (6.53%), Manganese: 0.12mg (6.17%), Calcium: 52.29mg (5.23%), Vitamin A: 75.95IU (1.52%), Vitamin C: 1.21mg (1.47%), Fiber: 0.33g (1.32%)