



Sweet and Sticky Spareribs with Fried Noodles

 Dairy Free

READY IN



235 min.

SERVINGS



4

CALORIES



1294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons barbeque sauce
- ☐ 0.3 cup brown sugar
- ☐ 1 cup canola oil
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon garlic chopped
- ☐ 2 teaspoons ginger finely chopped
- ☐ 1 cup pineapple juice
- ☐ 2.5 pounds pork spareribs

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons chili sauce sweet
- ☐ 3 tablespoons vinegar white
- ☐ 12 ounce wonton wrappers

Equipment

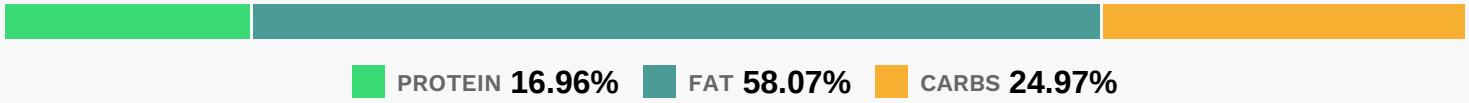
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In a small bowl whisk together all the ingredients for the marinade.
- ☐ Cut the spareribs into individual ribs and put in a resealable plastic bag.
- ☐ Pour the marinade into the bag and toss to coat.
- ☐ Put the bag into a large bowl and refrigerate to let marinate for at least 2 hours or as long as overnight.
- ☐ Preheat the oven to 300 degrees F.
- ☐ Remove the spare ribs from marinade and arrange on a baking sheet, cover with foil and poke holes in the foil to vent. Reserve the marinade.
- ☐ Bake until the ribs are tender, about 1 1/2 hours.
- ☐ In the meantime, pour the reserved marinade into a small saucepan and bring to a boil over medium heat. Reduce the heat and simmer the mixture until thick, about 30 minutes. Set aside.

- ☐
- After 1 1/2 hours, remove the foil from the spareribs and raise oven temperature to 400 degrees F. Baste the ribs with the reduced marinade and roast in oven for 5 minutes. Turn and baste the ribs again with the remaining sauce and roast for an additional 5 minutes.
- ☐
- Remove from the oven and arrange the ribs on a serving platter.
- ☐
- Serve hot with Fried Noodles.
- ☐
- Heat 1 cup canola oil in a medium heavy saucepan, to about 350 degrees F.
- ☐
- Cut the wonton wrappers into 1/2-inch wide strips. Fry in batches until golden brown and drain on plate lined with a brown paper bag or paper towels.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:3.77, Inflammation Score:-5, Nutrition Score:37.35086962192%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1293.69kcal (64.68%), Fat: 82.53g (126.96%), Saturated Fat: 22.67g (141.66%), Carbohydrates: 79.81g (26.6%), Net Carbohydrates: 77.83g (28.3%), Sugar: 26.48g (29.43%), Cholesterol: 234.45mg (78.15%), Sodium: 1706.96mg (74.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.24g (108.48%), Selenium: 87.16µg (124.52%), Vitamin B3: 18.61mg (93.05%), Vitamin B1: 1.39mg (92.99%), Vitamin B6: 1.78mg (88.98%), Vitamin B2: 1.08mg (63.24%), Zinc: 7.87mg (52.44%), Manganese: 1.02mg (50.78%), Phosphorus: 498.53mg (49.85%), Vitamin D: 6.52µg (43.47%), Iron: 6.17mg (34.29%), Potassium: 915.56mg (26.16%), Vitamin E: 3.71mg (24.72%), Copper: 0.44mg (21.76%), Folate: 86.87µg (21.72%), Magnesium: 78.85mg (19.71%), Vitamin B5: 1.93mg (19.29%), Vitamin B12: 1.09µg (18.24%), Calcium: 112.31mg (11.23%), Vitamin K: 11.01µg (10.49%), Vitamin C: 6.63mg (8.03%), Fiber: 1.98g (7.93%)