
Honey Garlic Pork Spareribs

Mary Ann Frechette

Nettles Island Cooking in Paradise - 2014

Servings: 4

4 pounds pork spareribs

1/4 teaspoon garlic powder

1/2 cup honey

3 tablespoons apple cider vinegar

1/4 cup soy sauce

3 cloves garlic, finely minced

1/4 teaspoon pepper

salt (to taste)

In a bowl, mix the salt, pepper and garlic powder. Place the mixture on the spareribs. Arrange the ribs in a 9x13-inch pan. Cover the pan with foil.

Bake at 325 degrees for one hour. Drain off the liquid. Set aside.

In a saucepan, mix the honey, vinegar, soy sauce and garlic cloves. Bring to a boil. Reduce the heat. Simmer for 5 minutes. Spread the sauce over the ribs.

Bake, uncovered, at 350 degrees for 30 minutes, basting often.

Pork

Per Serving (excluding unknown items): 949 Calories; 66g Fat (63.1% calories from fat); 49g Protein; 38g Carbohydrate; trace Dietary Fiber; 220mg Cholesterol; 1245mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 0 Fruit; 9 1/2 Fat; 2 1/2 Other Carbohydrates.