

Spareribs with Catsup

Yield: 6 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-catsup-recipe>

Ingredients:

- 1 pork kilo, or beef spareribs
- 1 cup catsup banana
- 1 tablespoon minced garlic
- 3 tablespoons butter or margarine melted
- 2 hot chili pepper minced, siling labuyo
- 1 piece bay leaf
- 1 teaspoon pepper ground
- 2 onions finely chopped
- 1 teaspoon salt
- 1/8 teaspoon msg
- 2 tablespoons white sugar
- 1 cup water
- 1 cup sprite or 7-Up, softdrinks

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 930 milligrams
9. Sugar: 16 grams

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