

Restaurant Style Chinese BBQ Ribs

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/wicked-chinese-bbq-ribs-recipe>

Ingredients:

- 1 baby back ribs rack meaty
- 8 ounces water
- 1 cup soy sauce
- 2 large garlic cloves crushed
- 1 slice fresh ginger smashed
- 1 piece star anise
- 1/4 teaspoon 5-spice powder
- 1/2 cup bbq sauce commercial Chinese

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 25 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 3950 milligrams
9. Sugar: 9 grams

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