

# My Dad's Chinese Sticky Honey Spareribs

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-sweet-sour-spareribs>

## Ingredients:

- 2 pounds spareribs to 2 pounds lean, cut into roughly 1 1/2 inch long pieces
- 3 cups cold water
- 3 tablespoons honey
- 1/2 teaspoon sea salt
- 2 tablespoons gluten free soy sauce
- 1 tablespoon olive oil

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 180 milligrams
4. Fat: 56 grams
5. Protein: 35 grams
6. SaturatedFat: 19 grams
7. Sodium: 960 milligrams
8. Sugar: 13 grams

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