

# Barbecued Spare Ribs

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-barbecued-spare-ribs-recipe>

## Ingredients:

- 5 pounds spare ribs
- 1 cup firmly packed light brown sugar
- 1/4 cup Worcestershire sauce
- 1/3 cup soy sauce
- 1/4 cup cider vinegar
- 1/4 cup chili sauce
- 1/2 cup ketchup
- 2 teaspoons yellow mustard prepared mild
- 2 cloves garlic peeled and crushed
- 1/8 teaspoon pepper

## Nutrition:

1. Calories: 1860 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 455 milligrams
4. Fat: 130 grams
5. Fiber: 1 grams
6. Protein: 88 grams
7. SaturatedFat: 45 grams
8. Sodium: 2410 milligrams
9. Sugar: 64 grams

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