

# Slow Cooker/Instant Pot Chinese-Style Spare Ribs

Yield: 4 min  
Total Time: 565 min

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

## Ingredients:

- 1 St. Louis style ribs rack of, or spare ribs
- garlic powder
- ginger powder
- Chinese 5 spice powder
- canela
- ground cloves
- fine sea salt or kosher salt
- black pepper
- coconut aminos I tested this recipe using Coconut Secrets; if you use a different brand, it might have a different amount of sodium in...
- rice wine vinegar unsweetened, unseasoned
- honey
- molasses
- 2 teaspoons garlic powder
- 2 teaspoons ginger powder
- 1 1/2 teaspoons fine sea salt or 1 tablespoon kosher salt
- 1 teaspoon ground black pepper
- 3/4 teaspoon Chinese 5 spice powder
- 1/2 teaspoon canela
- 1/4 teaspoon ground cloves
- 1 St. Louis style ribs rack, about 2½-3 pounds, spare ribs
- 1/2 cup coconut aminos
- 1/4 cup rice wine vinegar unsweetened, unseasoned
- 2 tablespoons honey
- 1 tablespoon molasses
- 1/2 teaspoon fine sea salt or 1 teaspoon kosher salt, plus more if necessary

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 31 grams
3. Fiber: 4 grams
4. Protein: 1 grams
5. Sodium: 1380 milligrams
6. Sugar: 19 grams

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