

Hot & Sticky Spare Rib Chops

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 3 spare rib Boneless, Chops – 1 per person
- 2 tablespoons five-spice I use Schwartz as I find others too heavy on the cloves
- 1/2 Orange
- 1 tablespoon olive oil
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 4 tablespoons sweet chilli sauce

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 15 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. Sodium: 680 milligrams
7. Sugar: 6 grams

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