



Maple Ginger Glazed Ribs

8 servings
4 hours 30 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Fish Sauce
- 3 tbsps Maple Syrup
- 1/2 White Onion (chopped)
- 1/4 cup Ginger (peeled, chopped)
- 5 Garlic (cloves, minced)
- 2 stalks Green Onion (chopped, divided)
- 1.8 kilograms Pork Ribs

Nutrition

Amount per serving	
Calories	459
Fat	25g
Carbs	9g
Fiber	0g
Sugar	7g
Protein	47g
Cholesterol	132mg
Sodium	618mg
Vitamin A	139IU
Vitamin C	2mg
Calcium	73mg
Iron	1mg
Selenium	81µg

Directions

- 1 In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, onion, ginger, garlic and green onion.
- 2 Place your ribs in the slow cooker and brush the marinade on all sides. Cook on low for 6 to 8 hours, or high for 4 hours.
- 3 When ready to eat, preheat the grill over medium heat.
- 4 Carefully remove the ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with any remaining marinade while cooking.
- 5 Transfer the ribs onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Black and/or white sesame seeds.

No Ribs: Use wings, chicken breast or drumsticks instead.

No Coconut Aminos: Use soy sauce or tamari instead.

No Fish Sauce: Omit completely or use additional coconut aminos instead.