

Barbecued Country Ribs

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chili powder
- 0.3 cup flour all-purpose
- 0.3 teaspoon garlic powder
- 0.5 cup catsup
- 1 small onion halved sliced
- 0.1 teaspoon pepper
- 0.1 teaspoon hot sauce hot
- 1.5 pounds pork ribs boneless country-style cut into 2-inch chunks

- 0.3 teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup water hot

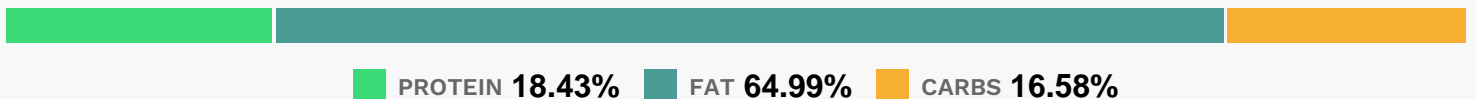
Equipment

- ziploc bags
- pressure cooker

Directions

- In a large resealable plastic bag, combine the flour, garlic powder, salt and pepper.
- Add rib pieces; shake to coat. In a pressure cooker, brown meat on all sides in oil; drain.
- Combine the water, ketchup, chili powder and hot pepper sauce; pour over ribs.
- Add onion. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 15 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)
- Remove from the heat; allow pressure to drop on its own. Skim fat from sauce if necessary and serve with ribs if desired.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:6.13, Inflammation Score:-3, Nutrition Score:14.024782688721%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 436.23kcal (21.81%), Fat: 31.43g (48.36%), Saturated Fat: 9.52g (59.47%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 17.3g (6.29%), Sugar: 7.18g (7.97%), Cholesterol: 95.25mg (31.75%), Sodium: 523.23mg (22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.11%), Selenium: 30.1µg (43%), Vitamin B6:

0.76mg (38.13%), Vitamin B3: 6.63mg (33.16%), Vitamin B1: 0.47mg (31.61%), Vitamin B2: 0.41mg (23.91%), Zinc: 3.15mg (20.99%), Phosphorus: 193.27mg (19.33%), Vitamin D: 2.74µg (18.26%), Potassium: 414.86mg (11.85%), Iron: 1.75mg (9.72%), Vitamin B5: 0.83mg (8.29%), Vitamin E: 1.22mg (8.11%), Copper: 0.16mg (7.76%), Vitamin B12: 0.45µg (7.54%), Manganese: 0.15mg (7.38%), Vitamin K: 7.49µg (7.14%), Magnesium: 28.03mg (7.01%), Folate: 25.23µg (6.31%), Vitamin A: 191.86IU (3.84%), Vitamin C: 2.62mg (3.18%), Calcium: 30.66mg (3.07%), Fiber: 0.75g (2.98%)