



Barbecued Country-Style Ribs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons add carrot and onion to bacon fat . cook
- 15 ounce tomato sauce canned
- 1 cup celery finely chopped
- 0.3 cup cooking wine dry red
- 0.3 teaspoon garlic powder
- 0.8 cup honey
- 2 tablespoons juice of lemon
- 1 small onion finely chopped

- 0.5 teaspoon pepper
- 1 teaspoon salt
- 4 pounds cut apart boneless country-style
- 0.5 cup water
- 1 cup water
- 2 tablespoons vinegar white
- 2 tablespoons worcestershire sauce

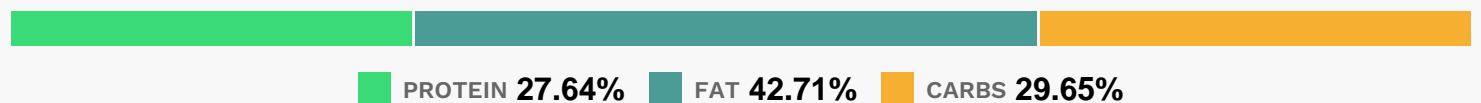
Equipment

- sauce pan
- grill

Directions

- Saut onion and celery in hot bacon drippings in a saucepan over medium-high heat until tender.
- Add tomato sauce and next 8 ingredients. Bring to a boil. Reduce heat; simmer, stirring occasionally, 1 hour.
- Remove heat.
- Combine 1 cup water and vinegar in a spray bottle.
- Grill ribs, covered with grill lid, over medium heat (300 to 350°F) for 1 1/2 hours, spraying with vinegar solution and turning ribs occasionally, and basting with 1 cup tomato sauce mixture every 30 minutes.
- Serve with remaining tomato sauce mixture.
- *4 pounds bone in country-style pork ribs may be substituted.

Nutrition Facts



Properties

Glycemic Index:30.41, Glycemic Load:14.82, Inflammation Score:-4, Nutrition Score:18.427391373593%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 428.47kcal (21.42%), Fat: 20.24g (31.14%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 30.36g (11.04%), Sugar: 29.05g (32.28%), Cholesterol: 111.58mg (37.19%), Sodium: 708.84mg (30.82%), Alcohol: 0.79g (100%), Alcohol %: 0.31% (100%), Protein: 29.47g (58.95%), Selenium: 48.36µg (69.08%), Vitamin B6: 0.88mg (43.89%), Vitamin B1: 0.58mg (38.44%), Phosphorus: 309.3mg (30.93%), Zinc: 4.34mg (28.93%), Vitamin B5: 2.61mg (26.07%), Vitamin B3: 5.19mg (25.97%), Vitamin B2: 0.44mg (25.62%), Vitamin B12: 1.47µg (24.57%), Potassium: 729.57mg (20.84%), Iron: 2.19mg (12.17%), Magnesium: 43.38mg (10.85%), Copper: 0.21mg (10.71%), Vitamin C: 6.92mg (8.39%), Vitamin E: 1.17mg (7.78%), Vitamin D: 1.1µg (7.32%), Manganese: 0.14mg (7.15%), Vitamin A: 303.08IU (6.06%), Calcium: 55.99mg (5.6%), Vitamin K: 5.47µg (5.21%), Fiber: 1.26g (5.05%), Folate: 12.78µg (3.2%)