



Barbecued Spareribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



5

CALORIES



1110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 servings salt and ground pepper black to taste
- ☐ 4 pound pork spareribs dry rinsed
- ☐ 1 cup chili sauce sweet
- ☐ 1 cup water

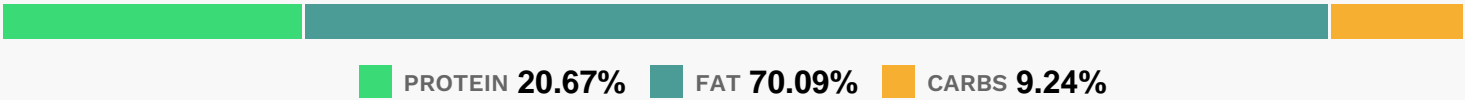
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Season the spareribs with the salt and pepper.
- ☐ Pour the water into the bottom of a large baking dish and lay the spareribs in the dish; cover with aluminum foil.
- ☐ Bake in the preheated oven for 30 minutes; pour about half the chili sauce over the meat, cover, and return to oven.
- ☐ Brush the ribs with more chili sauce every 5 minutes, and continue cooking until the meat pulls away easily from the bone, about 30 minutes more.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:31.30782592985%

Nutrients (% of daily need)

Calories: 1110.47kcal (55.52%), Fat: 85.22g (131.11%), Saturated Fat: 27.32g (170.76%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.93g (9.06%), Sugar: 24.38g (27.09%), Cholesterol: 290.3mg (96.77%), Sodium: 806.31mg (35.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.56g (113.11%), Selenium: 79.84µg (114.05%), Vitamin B6: 2.08mg (104.16%), Vitamin B3: 16.92mg (84.59%), Vitamin B1: 1.16mg (77.18%), Zinc: 9.08mg (60.52%), Vitamin D: 8.35µg (55.64%), Vitamin B2: 0.91mg (53.59%), Phosphorus: 511.81mg (51.18%), Potassium: 879.48mg (25.13%), Vitamin B12: 1.38µg (22.98%), Vitamin B5: 2.27mg (22.69%), Iron: 3.31mg (18.4%), Copper: 0.3mg (14.96%), Magnesium: 58.7mg (14.68%), Vitamin E: 1.34mg (8.96%), Calcium: 56.29mg (5.63%), Manganese: 0.05mg (2.45%), Fiber: 0.33g (1.33%)