

Barbecued Sticky Ribs

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

READY IN



90 min.

SERVINGS



8

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chili powder
- 0.3 cup apple cider vinegar
- 10 ounces all natural tomato soup undiluted canned
- 0.5 cup plus light
- 0.8 teaspoon garlic powder
- 0.5 teaspoon ground cinnamon
- 0.5 cup catsup
- 1 small onion chopped

- 0.5 teaspoon pepper
- 1 teaspoon hot sauce hot
- 3.5 pounds pork spareribs (2 racks)
- 1 teaspoon salt
- 1 cup water
- 2 tablespoons worcestershire sauce

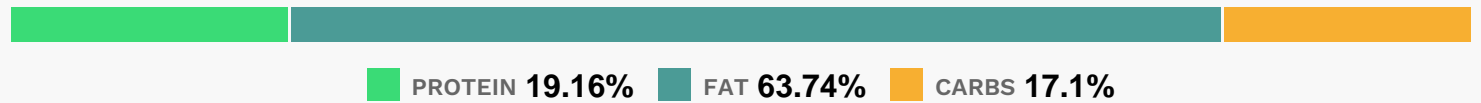
Equipment

- oven
- baking pan

Directions

- Combine garlic powder, salt and pepper; rub onto both sides of ribs.
- Place in a single layer in a 15-in. x 10-in. x 1-in. baking pan.
- Bake at 325° for 30–35 minutes; drain.
- Combine sauce ingredients; pour over ribs.
- Bake 50–60 minutes longer or until meat is tender, basting occasionally.
- Cut into serving-size pieces.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:5.17, Inflammation Score:-4, Nutrition Score:20.614782569201%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 659.91kcal (33%), Fat: 46.74g (71.91%), Saturated Fat: 15g (93.77%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 27.33g (9.94%), Sugar: 23.36g (25.95%), Cholesterol: 158.76mg (52.92%), Sodium: 813.36mg (35.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.21%), Selenium: 45.23µg (64.61%), Vitamin B6: 1.22mg (61.01%), Vitamin B3: 9.87mg (49.37%), Vitamin B1: 0.67mg (44.8%), Zinc: 5.21mg (34.72%), Vitamin B2: 0.54mg (31.88%), Vitamin D: 4.56µg (30.43%), Phosphorus: 303.38mg (30.34%), Potassium: 790.07mg (22.57%), Iron: 2.46mg (13.64%), Vitamin B5: 1.27mg (12.67%), Vitamin B12: 0.75µg (12.57%), Copper: 0.22mg (10.77%), Magnesium: 42.26mg (10.56%), Vitamin E: 1.28mg (8.51%), Vitamin C: 6.77mg (8.21%), Manganese: 0.16mg (8.18%), Vitamin A: 369.51IU (7.39%), Calcium: 51.26mg (5.13%), Fiber: 0.88g (3.53%), Vitamin K: 2.45µg (2.33%)