



## Barbequed Country Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



115 min.

SERVINGS



6

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.8 cup catsup
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 4 pound pork ribs country-style
- ☐ 1 tablespoon salt to taste
- ☐ 2 tablespoons vinegar
- ☐ 6 servings water to cover

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2 tablespoons worcestershire sauce

## Equipment

☐

pot

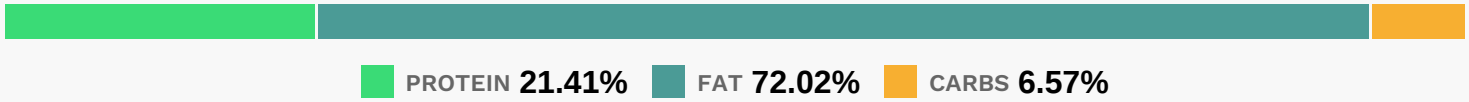
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grill

## Directions

- ☐
- Stir cold water, ketchup, vinegar, Worcestershire sauce, salt, paprika, chili powder, and black pepper together in a large pot.
- ☐
- Add ribs to the pot.
- ☐
- Pour enough water into the pot to cover the ribs completely.
- ☐
- Bring the water to a boil, reduce heat to medium-low, and cook at a simmer until ribs are tender, about 90 minutes.
- ☐
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐
- Cook ribs on preheated grill, basting frequently with sauce, until browned, 12 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:21.661739243113%

## Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 626.62kcal (31.33%), Fat: 49.77g (76.56%), Saturated Fat: 15.98g (99.86%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.56g (3.48%), Sugar: 7.1g (7.89%), Cholesterol: 169.34mg (56.45%), Sodium: 1698.19mg (73.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.29g (66.57%), Selenium: 46.99µg (67.12%), Vitamin B6: 1.29mg (64.74%), Vitamin B3: 10.49mg (52.47%), Vitamin B1: 0.69mg (45.83%), Zinc: 5.45mg (36.32%), Vitamin B2: 0.61mg (35.66%), Vitamin D: 4.87µg (32.46%), Phosphorus: 314.8mg (31.48%), Potassium: 677.55mg (19.36%), Vitamin A: 832.75IU (16.66%), Iron: 2.66mg (14.8%), Vitamin B5: 1.37mg (13.72%), Vitamin B12: 0.8µg (13.41%), Copper: 0.26mg (12.96%), Vitamin E: 1.69mg (11.29%), Magnesium: 43.81mg (10.95%), Calcium: 54.96mg (5.5%), Manganese: 0.1mg (5.11%), Fiber: 0.66g (2.62%), Vitamin C: 1.98mg (2.4%), Vitamin K: 2.52µg (2.4%)