



## BBQ Country-Style Ribs

READY IN



135 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.3 cup kool-aid orange flavor sugar-sweetened drink mix
- 1 Tbsp oil
- 3 lb pork ribs bone-in country-style separated
- 4 cups water

### Equipment

- sauce pan
- dutch oven

## Directions

- Mix all ingredients except ribs in Dutch oven or large saucepan until blended.
- Add ribs. Bring to boil on medium heat; cover. Simmer on medium-low heat 1-1/2 hours or until meat is tender.
- Remove lid; cook 20 min. or until no liquid remains. Reduce heat to medium-low; cook 10 to 12 min. or until ribs are evenly browned, turning frequently.

## Nutrition Facts

**PROTEIN 19.64%** **FAT 69.17%** **CARBS 11.19%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:11.963913085668%

## Nutrients (% of daily need)

Calories: 398.33kcal (19.92%), Fat: 30.22g (46.49%), Saturated Fat: 9.35g (58.43%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 10.84g (3.94%), Sugar: 8.41g (9.35%), Cholesterol: 96.5mg (32.17%), Sodium: 307.57mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Selenium: 27.28µg (38.97%), Vitamin B6: 0.72mg (35.91%), Vitamin B3: 5.93mg (29.65%), Vitamin B1: 0.41mg (27.35%), Vitamin B2: 0.36mg (20.99%), Zinc: 3.07mg (20.47%), Phosphorus: 190.11mg (19.01%), Vitamin D: 2.74µg (18.26%), Potassium: 369.09mg (10.55%), Vitamin B12: 0.49µg (8.24%), Vitamin B5: 0.81mg (8.06%), Copper: 0.14mg (6.87%), Iron: 1.23mg (6.86%), Magnesium: 27.4mg (6.85%), Vitamin E: 0.91mg (6.06%), Calcium: 42.83mg (4.28%), Manganese: 0.05mg (2.34%), Vitamin K: 1.85µg (1.76%), Vitamin A: 51.71IU (1.03%)