



Best Stovetop BBQ Ribs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup catsup
- ☐ 24 ounce pork ribs country style
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup steak sauce (such as A1®)
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

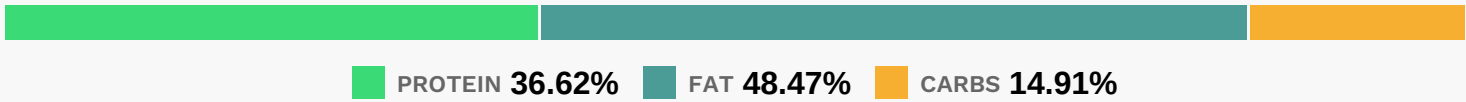
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together steak sauce, ketchup, Worcestershire sauce, soy sauce, garlic, and water in a bowl until smooth.
- ☐ Place the pork ribs in a saucepan with a lid, and pour the sauce over the ribs.
- ☐ Spread raw onion rings over the ribs, and cover the pan. Bring to a boil over medium heat, and simmer the ribs in the sauce for 45 minutes, or until tender.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:13.055217374926%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 13.13g (20.2%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 8.74g (3.18%), Sugar: 5.16g (5.74%), Cholesterol: 81.82mg (27.27%), Sodium: 756.78mg (32.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.65%), Selenium: 36.28µg (51.82%), Vitamin B6: 0.67mg (33.45%), Vitamin B1: 0.43mg (28.73%), Phosphorus: 233.61mg (23.36%), Zinc: 3.2mg (21.34%), Vitamin B3: 3.98mg (19.89%), Vitamin B2: 0.33mg (19.24%), Vitamin B12: 1.11µg (18.43%), Vitamin B5: 1.81mg (18.15%), Potassium: 491.32mg (14.04%), Iron: 1.56mg (8.67%), Magnesium: 30.68mg (7.67%), Copper: 0.15mg (7.49%), Manganese: 0.11mg (5.43%), Vitamin D: 0.77µg (5.16%), Vitamin E: 0.65mg (4.33%), Calcium: 38.89mg (3.89%), Vitamin C: 2.79mg (3.39%), Vitamin A: 132.85IU (2.66%), Fiber: 0.34g (1.38%)