



Braised Ribs

 Dairy Free

READY IN



150 min.

SERVINGS



30

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups beef broth and orange juice
- 0.3 cup brown sugar packed
- 0.5 cup flour
- 2 Tbsp garlic powder
- 0.5 tsp ground nutmeg and ground pepper red (cayenne)
- 2 Tbsp oil
- 3 lb pork ribs bone-in country-style (6 ribs)
- 0.5 cup thousand island dressing kraft

Equipment

- frying pan
- whisk
- ziploc bags

Directions

- Mix flour and seasonings in large resealable plastic bag.
- Add ribs; seal bag. Shake until ribs are evenly coated.
- Remove ribs from bag; gently shake off excess flour mixture.
- Heat oil in large skillet.
- Add ribs; cook 2 min. on each side or until evenly browned on both sides.
- Mix broth, orange juice and dressing until blended; pour over ribs. Bring to boil; cover. Simmer on low heat 1-1/2 to 2 hours or until ribs are tender and done (145F).
- Remove ribs from skillet, reserving liquid in skillet; cover ribs to keep warm.
- Add sugar to liquid in skillet; stir with whisk until blended. Cook 10 min. or until sauce is slightly thickened, stirring constantly.
- Pour sauce over ribs.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:1.18, Inflammation Score:-1, Nutrition Score:3.7926086735628%

Nutrients (% of daily need)

Calories: 129.72kcal (6.49%), Fat: 9.89g (15.22%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.33g (1.58%), Sugar: 2.44g (2.71%), Cholesterol: 26.48mg (8.83%), Sodium: 111.39mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin B1: 0.18mg (12.05%), Selenium: 8.02µg (11.45%), Vitamin B6: 0.2mg (9.79%), Vitamin B3: 1.72mg (8.61%), Vitamin B2: 0.1mg (5.64%), Zinc: 0.84mg (5.6%), Phosphorus: 52.53mg (5.25%), Vitamin D: 0.73µg (4.87%), Vitamin K: 3.55µg (3.38%), Vitamin E: 0.45mg (3.02%), Potassium: 100.29mg (2.87%), Iron: 0.51mg (2.81%), Vitamin B5: 0.22mg (2.17%), Vitamin B12: 0.13µg (2.15%),

Magnesium: 6.84mg (1.71%), Copper: 0.03mg (1.65%), Manganese: 0.03mg (1.44%), Folate: 4.4µg (1.1%)