



Campbell's® Honey Barbecued Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 oz campbell's® condensed onion soup french canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 0.8 cup catsup
- ☐ 4 pork spareribs

Equipment

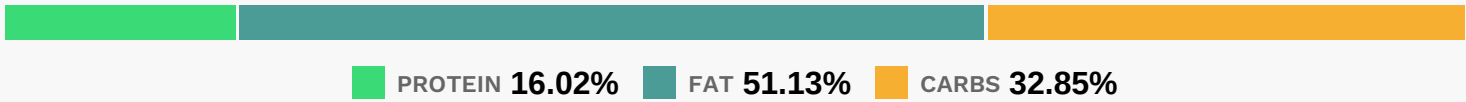
- ☐ sauce pan

☐ pot

Directions

- ☐ CUT ribs into serving pieces.
- ☐ Place ribs in 6-quart saucepot. Cover with water.
- ☐ Heat to a boil. Reduce heat to low. Cover and cook 30 minutes.
- ☐ Drain. MIX soup, ketchup, honey, garlic powder and black pepper in 2-quart saucepan.
- ☐ Serve with grilled corn-on-the-cob and a tossed green salad. For dessert serve sliced cantaloupe.

Nutrition Facts



Properties

Glycemic Index:22.32, Glycemic Load:12.18, Inflammation Score:-2, Nutrition Score:12.659565174061%

Flavonoids

Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 473kcal (23.65%), Fat: 27.38g (42.13%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 38.7g (14.07%), Sugar: 35.15g (39.05%), Cholesterol: 93.38mg (31.13%), Sodium: 885.08mg (38.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.61%), Vitamin B6: 0.73mg (36.67%), Selenium: 25.5µg (36.43%), Vitamin B3: 5.95mg (29.76%), Vitamin B1: 0.37mg (24.49%), Vitamin B2: 0.37mg (21.77%), Potassium: 752.81mg (21.51%), Zinc: 2.98mg (19.85%), Phosphorus: 174.11mg (17.41%), Vitamin D: 2.6µg (17.33%), Vitamin B5: 0.75mg (7.53%), Iron: 1.35mg (7.5%), Copper: 0.14mg (7.21%), Vitamin E: 1.08mg (7.2%), Vitamin B12: 0.43µg (7.16%), Magnesium: 25.21mg (6.3%), Manganese: 0.11mg (5.7%), Vitamin A: 232.22IU (4.64%), Calcium: 38.71mg (3.87%), Fiber: 0.88g (3.54%), Vitamin C: 1.99mg (2.41%), Vitamin K: 1.76µg (1.68%), Folate: 4.83µg (1.21%)