



Italian Country Style Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 3 pounds pork ribs country style
- 32 ounce pasta sauce
- 0.5 cup water

Equipment

- frying pan

Directions

- Heat the oil in a extra-large skillet over medium-high heat.
- Add ribs to skillet and brown on all sides.
- Pour spaghetti sauce over ribs and stir in the water. Reduce heat and simmer, covered for 1 hour. Turn ribs after 1/2 hour of cooking. If the sauce gets too thick, thin it with a little more water.

Nutrition Facts

PROTEIN 34.04% **FAT 56.94%** **CARBS 9.02%**

Properties

Glycemic Index:11.25, Glycemic Load:3.89, Inflammation Score:-7, Nutrition Score:31.520000063855%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 534.24kcal (26.71%), Fat: 33.82g (52.03%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 8.64g (3.14%), Sugar: 8.07g (8.97%), Cholesterol: 163.63mg (54.54%), Sodium: 1215.94mg (52.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.49g (90.97%), Selenium: 72.78µg (103.98%), Vitamin B6: 1.41mg (70.71%), Vitamin B1: 0.88mg (58.91%), Phosphorus: 488.01mg (48.8%), Vitamin B3: 9.06mg (45.31%), Zinc: 6.65mg (44.33%), Vitamin B5: 4.26mg (42.59%), Vitamin B2: 0.71mg (41.58%), Potassium: 1376.84mg (39.34%), Vitamin B12: 2.21µg (36.85%), Vitamin E: 4.78mg (31.88%), Iron: 4.1mg (22.76%), Copper: 0.44mg (21.9%), Magnesium: 80.75mg (20.19%), Vitamin A: 999.72IU (19.99%), Vitamin C: 15.88mg (19.24%), Fiber: 3.4g (13.61%), Manganese: 0.27mg (13.35%), Vitamin D: 1.55µg (10.32%), Vitamin K: 10.56µg (10.06%), Calcium: 81.36mg (8.14%), Folate: 20.41µg (5.1%)