



Oven-Barbecued Ribs



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup catsup
- ☐ 1 onion diced
- ☐ 3 pounds pork spareribs
- ☐ 2 teaspoons salt
- ☐ 0.3 cup vinegar
- ☐ 0.5 cup water

- ☐ 2 tablespoons sugar white
- ☐ 3 tablespoons worcestershire sauce

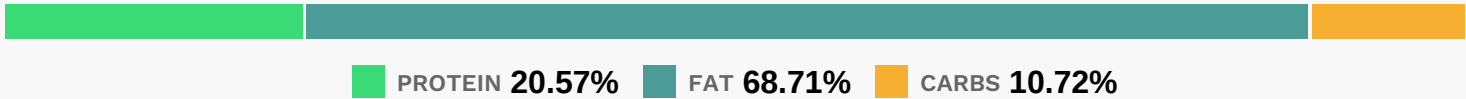
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Arrange spareribs in a large, lidded roasting pan.
- ☐ Mix onion, ketchup, water, celery, vinegar, Worcestershire sauce, sugar, Dijon mustard, and salt in a bowl; pour mixture over spareribs. Cover.
- ☐ Bake in the preheated oven for 90 minutes. Uncover and continue to bake until pork is tender and sauce is thickened, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:22.961304198141%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 702.52kcal (35.13%), Fat: 53.24g (81.91%), Saturated Fat: 17.1g (106.87%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 18g (6.55%), Sugar: 14.29g (15.88%), Cholesterol: 181.44mg (60.48%), Sodium: 1468.37mg (63.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.87g (71.73%), Selenium: 51.27µg (73.25%), Vitamin B6: 1.39mg (69.75%), Vitamin B3: 11.27mg (56.33%), Vitamin B1: 0.75mg (49.92%), Zinc: 5.82mg (38.78%), Vitamin

B2: 0.66mg (38.76%), Vitamin D: 5.22µg (34.78%), Phosphorus: 345.74mg (34.57%), Potassium: 782.1mg (22.35%), Iron: 2.76mg (15.34%), Vitamin B5: 1.49mg (14.87%), Vitamin B12: 0.86µg (14.36%), Copper: 0.25mg (12.45%), Magnesium: 46.88mg (11.72%), Vitamin E: 1.47mg (9.77%), Calcium: 60.02mg (6%), Manganese: 0.11mg (5.65%), Vitamin C: 4.37mg (5.3%), Vitamin A: 251.85IU (5.04%), Vitamin K: 3.86µg (3.68%), Folate: 10.97µg (2.74%), Fiber: 0.67g (2.7%)