



Pork Ribs from Crook's Corner

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

READY IN



220 min.

SERVINGS



4

CALORIES



968 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings bill's blackstrap barbecue sauce
- 0.5 cup olive oil
- 4 servings pepper freshly ground to taste
- 4 servings sea salt to taste
- 2.5 pounds st. louis-style (2 racks)

Equipment

- baking sheet
- oven

- roasting pan
- grill
- aluminum foil

Directions

- Preheat oven to 35
- Drizzle both sides of ribs with oil; sprinkle with sea salt and pepper.
- Place on baking rack over rimmed baking sheet.
- Add 1 1/2 cups water to baking sheet, and cover tightly with foil. Roast 3 hours or until ribs are tender. (Meat should separate easily from bone.)
- Remove ribs from oven, and let rest at least 20 minutes.
- Brush ribs on both sides with Bill's Blackstrap Barbecue Sauce, and grill over medium heat 5 to 6 minutes per side or until heated through and slightly charred.
- Note: Ribs can also be finished in the oven. Preheat oven to 40
- Brush ribs on both sides with sauce, and place in shallow roasting pan.
- Add 1 cup sauce, and bake at 400 for 10 to 15 minutes or until sauce bubbles and thickens slightly.
- Serve with remaining sauce.
- *St. Louis-Style Ribs are spareribs with a fatty section removed from one side--easier to eat and somewhat leaner than regular spareribs.

Nutrition Facts

PROTEIN 18.93% **FAT 79.96%** **CARBS 1.11%**

Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:21.42347834648%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 968.23kcal (48.41%), Fat: 85.98g (132.28%), Saturated Fat: 36.59g (228.68%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.65g (0.96%), Sugar: 0.33g (0.37%), Cholesterol: 212.62mg (70.87%), Sodium: 354.47mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.8g (91.61%), Vitamin B12: 4.39µg (73.24%), Zinc: 10.92mg (72.79%), Selenium: 48.5µg (69.28%), Vitamin B3: 10.8mg (54%), Vitamin B6: 1.04mg (52.22%), Vitamin B2: 0.6mg (35.06%), Phosphorus: 340.55mg (34.06%), Iron: 4.67mg (25.94%), Potassium: 621.76mg (17.76%), Vitamin B1: 0.21mg (14.2%), Magnesium: 48.5mg (12.13%), Copper: 0.17mg (8.61%), Vitamin K: 7.68µg (7.32%), Vitamin E: 0.79mg (5.24%), Vitamin D: 0.57µg (3.78%), Calcium: 29.3mg (2.93%), Folate: 8.54µg (2.14%), Vitamin A: 56.65IU (1.13%)