



## Rack of Ribs

 **Gluten Free**  **Dairy Free**

READY IN



185 min.

SERVINGS



5

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons dill dried
- 1 teaspoon garlic powder to taste
- 1 onion thinly sliced
- 1 rack pork spareribs
- 5 servings salt and pepper to taste
- 32 ounce sauerkraut drained

### Equipment

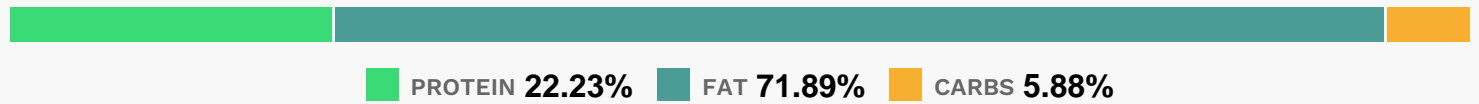
- bowl

- oven
- roasting pan

## Directions

- Preheat the oven to 300 degrees F (150 degrees C).
- Season the ribs with salt and pepper and place into a roasting pan that is slightly larger than the rack. In a medium bowl, stir together the sauerkraut, onion and dill; spread on top of the ribs and place around them in the roasting pan.
- Bake for 3 to 4 hours in the preheated oven, until the rib meat easily pulls away from the bone.

## Nutrition Facts



## Properties

Glycemic Index:12.8, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:32.153912938159%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 770.01kcal (38.5%), Fat: 61.2g (94.15%), Saturated Fat: 19.65g (122.83%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 5.33g (1.94%), Sugar: 4.18g (4.64%), Cholesterol: 208mg (69.33%), Sodium: 1608.67mg (69.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.57g (85.15%), Vitamin B6: 1.8mg (89.77%), Selenium: 58.54µg (83.63%), Vitamin B3: 12.46mg (62.31%), Vitamin B1: 0.89mg (59.18%), Zinc: 6.96mg (46.4%), Phosphorus: 421.53mg (42.15%), Vitamin B2: 0.7mg (41.44%), Vitamin D: 5.98µg (39.87%), Vitamin C: 29.21mg (35.4%), Iron: 5.99mg (33.29%), Potassium: 1036.5mg (29.61%), Fiber: 5.93g (23.74%), Vitamin K: 23.68µg (22.55%), Manganese: 0.41mg (20.29%), Copper: 0.4mg (20.15%), Magnesium: 75.97mg (18.99%), Vitamin B5: 1.83mg (18.25%), Vitamin B12: 0.99µg (16.47%), Calcium: 131.2mg (13.12%), Folate: 48.01µg (12%), Vitamin E: 1.22mg (8.16%), Vitamin A: 138.4IU (2.77%)