



Sauerkraut and Ribs

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

READY IN



175 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 medium new potatoes white quartered
- 2 tablespoons olive oil
- 1 medium onion chopped
- 6 servings parsley sprigs for garnish
- 1 rack pork baby back ribs cut into individual ribs
- 6 servings salt and pepper
- 1 pound sauerkraut
- 0.5 cup white wine (optional, may substitute water or stock)

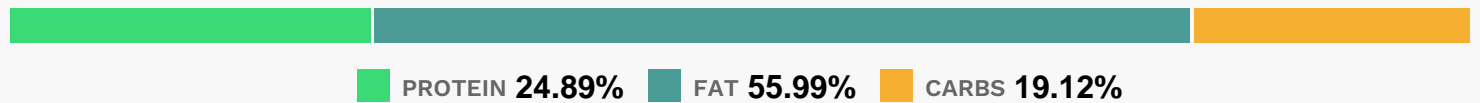
Equipment

- oven
- stove
- dutch oven

Directions

- Set Dutch oven over medium-high and heat the vegetable oil.
- You can also cook this dish in the oven at 325 to 350 degrees F for the same time.
- Season the ribs with salt and pepper.
- Lay ribs in the oven, meat side down and sear them in a single layer.
- Transfer them to a platter.
- Add the onions and saute until softened, scraping up any browned bits from the ribs.
- Add potatoes.
- Add ribs back in and cover with sauerkraut. Poor wine over top. Cover the Dutch oven and lower the heat. Simmer the pot on the stove for 2 to 3 hours until the ribs are very tender.
- If the dish gets too dry at any point stir in a little chicken broth or water to keep it moist.
- Serve garnished with parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:7.99, Inflammation Score:-6, Nutrition Score:20.05217380109%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.65mg, Kaempferol:

0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 334.41kcal (16.72%), Fat: 20.17g (31.03%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 11.64g (4.23%), Sugar: 2.79g (3.1%), Cholesterol: 65.21mg (21.74%), Sodium: 783.05mg (34.05%), Alcohol: 2.06g (100%), Alcohol %: 0.95% (100%), Protein: 20.17g (40.35%), Vitamin K: 84.98µg (80.94%), Selenium: 29.75µg (42.5%), Vitamin B3: 7.2mg (35.98%), Vitamin C: 28.82mg (34.94%), Vitamin B6: 0.7mg (34.89%), Vitamin B1: 0.51mg (33.69%), Phosphorus: 203.81mg (20.38%), Vitamin B2: 0.33mg (19.69%), Potassium: 660.86mg (18.88%), Zinc: 2.8mg (18.7%), Fiber: 3.87g (15.47%), Iron: 2.61mg (14.5%), Manganese: 0.26mg (13.07%), Copper: 0.23mg (11.66%), Magnesium: 43.67mg (10.92%), Vitamin B5: 1.06mg (10.57%), Folate: 36.87µg (9.22%), Vitamin B12: 0.53µg (8.82%), Vitamin A: 372.84IU (7.46%), Calcium: 70.35mg (7.04%), Vitamin D: 1.04µg (6.93%), Vitamin E: 0.74mg (4.95%)