



Simple Barbeque Ribs



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 2.5 pounds pork ribs country style
- ☐ 2 tablespoons salt

Equipment

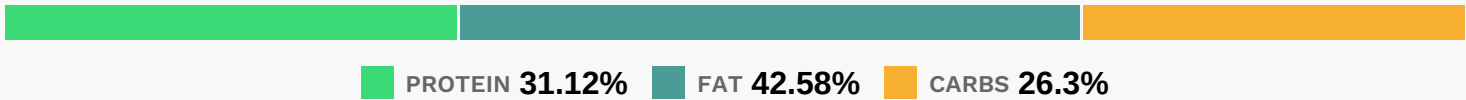
- ☐ oven
- ☐ pot

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place ribs in a large pot with enough water to cover. Season with garlic powder, black pepper and salt. Bring water to a boil, and cook ribs until tender.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Remove ribs from pot, and place them in a 9x13 inch baking dish.
- ☐ Pour barbeque sauce over ribs. Cover dish with aluminum foil, and bake in the preheated oven for 1 to 1 1/2 hours, or until internal temperature of pork has reached 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:21.120869447356%

Nutrients (% of daily need)

Calories: 479.13kcal (23.96%), Fat: 22.26g (34.25%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 30g (10.91%), Sugar: 23.79g (26.43%), Cholesterol: 136.36mg (45.45%), Sodium: 4342.06mg (188.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.61g (73.21%), Selenium: 60.96µg (87.09%), Vitamin B6: 1.08mg (54.07%), Vitamin B1: 0.72mg (47.78%), Phosphorus: 379.01mg (37.9%), Zinc: 5.32mg (35.46%), Vitamin B5: 3.1mg (31.04%), Vitamin B12: 1.84µg (30.71%), Vitamin B3: 6.13mg (30.64%), Vitamin B2: 0.51mg (30%), Potassium: 783.09mg (22.37%), Magnesium: 50.48mg (12.62%), Iron: 2.22mg (12.31%), Copper: 0.22mg (10.76%), Manganese: 0.2mg (10.14%), Vitamin D: 1.29µg (8.6%), Calcium: 70.09mg (7.01%), Vitamin E: 1.01mg (6.76%), Fiber: 0.95g (3.8%), Vitamin A: 177.64IU (3.55%), Vitamin K: 2.11µg (2.01%)