



Simple Country Ribs

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



1236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 ounce barbecue sauce
- 0.5 teaspoon pepper black
- 1 onion quartered
- 2.5 pounds pork spareribs
- 1 teaspoon salt

Equipment

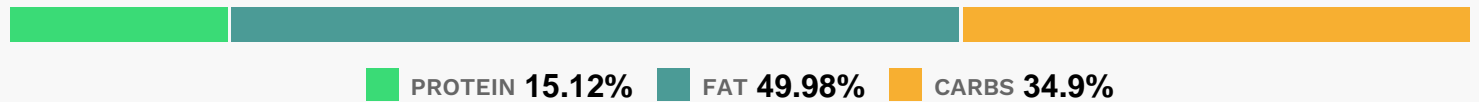
- sauce pan
- pot

grill

Directions

- Place spareribs in a large stock pot with barbeque sauce, onion, salt, and pepper.
- Pour in enough water to cover. Bring to a low boil, and cook approximately 40 minutes.
- Preheat grill for high heat.
- Lightly oil grate.
- Remove spareribs from the stock pot, and place on the prepared grill. Use the barbeque sauce in the saucepan to baste ribs while cooking. Grill ribs, basting and turning frequently, for 20 minutes, or until nicely browned.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:32.580000265785%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 1235.76kcal (61.79%), Fat: 67.98g (104.59%), Saturated Fat: 21.47g (134.21%), Carbohydrates: 106.83g (35.61%), Net Carbohydrates: 104g (37.82%), Sugar: 85.88g (95.42%), Cholesterol: 226.8mg (75.6%), Sodium: 3440.15mg (149.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.28g (92.55%), Selenium: 65.84µg (94.05%), Vitamin B6: 1.85mg (92.62%), Vitamin B3: 14.77mg (73.87%), Vitamin B1: 0.98mg (65.06%), Vitamin B2: 0.86mg (50.73%), Zinc: 7.57mg (50.48%), Phosphorus: 459.13mg (45.91%), Vitamin D: 6.52µg (43.47%), Potassium: 1321.59mg (37.76%), Iron: 4.3mg (23.89%), Vitamin B5: 2.23mg (22.28%), Copper: 0.43mg (21.25%), Manganese: 0.42mg (20.93%), Vitamin E: 3.1mg (20.65%), Magnesium: 81.72mg (20.43%), Vitamin B12: 1.08µg (17.95%), Calcium: 134.51mg (13.45%), Vitamin A: 573.44IU (11.47%), Fiber: 2.83g (11.31%), Vitamin K: 5.11µg (4.87%), Vitamin C: 3.57mg (4.32%), Folate: 10.37µg (2.59%)