



Spare Ribs, Cabbage, and Sauerkraut



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



1130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds pork spareribs bone-in
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 Tbsp caraway seeds
- ☐ 1 Tbsp cracked pepper black
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 32 ounce sauerkraut drained
- ☐ 4 cups thinly cabbage shredded (1 medium head)
- ☐ 1 medium onion yellow thinly sliced

- ☐ 2 Tbsp brown sugar
- ☐ 2 cups water
- ☐ 2 cups chicken stock see
- ☐ 1 bottle beer your favorite
- ☐ 0.3 teaspoon caraway seeds

Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Rub the spare ribs with spices, and chill: Rub the ribs with garlic, caraway seeds, and cracked black pepper. Wrap in plastic wrap and refrigerate for up to 24 hours (if you have time, otherwise skip).
- ☐ Roast the spare ribs:
- ☐ Heat oven to 400°F. Unwrap spare ribs from plastic wrap. Season the ribs with salt and pepper. Wrap the ribs with aluminum foil and place them on a roasting pan. Roast at 400°F for 1 hour 15 minutes, or until tender.
- ☐ Remove from oven and set aside.
- ☐ Place sauerkraut, onion, caraway seed, brown sugar, and cabbage in a Dutch oven. Stir in beer, water, and chicken stock.
- ☐ Add pepper to taste. Reduce the oven temperature to 375°F.
- ☐ Bake the sauerkraut cabbage mixture, covered, for 3 hours.
- ☐ Add ribs to sauerkraut, bake one more hour: Lower the oven temperature to 325°F.
- ☐ Place ribs over sauerkraut, cover, and cook for an additional hour.
- ☐ Add more liquid if needed.
- ☐ Serve the ribs with the sauerkraut. Good with boiled potatoes.

Nutrition Facts

PROTEIN 21.72% FAT 66.66% CARBS 11.62%

Properties

Glycemic Index:51.38, Glycemic Load:4.2, Inflammation Score:-8, Nutrition Score:48.1695652941%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1129.59kcal (56.48%), Fat: 81.78g (125.82%), Saturated Fat: 26.14g (163.41%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 22.17g (8.06%), Sugar: 15.2g (16.89%), Cholesterol: 275.76mg (91.92%), Sodium: 2165.75mg (94.16%), Alcohol: 3.32g (100%), Alcohol %: 0.42% (100%), Protein: 59.97g (119.93%), Vitamin B6: 2.52mg (126.04%), Selenium: 80.38µg (114.83%), Vitamin B3: 18.82mg (94.08%), Vitamin B1: 1.25mg (83.16%), Vitamin K: 85.53µg (81.45%), Vitamin C: 62.31mg (75.53%), Vitamin B2: 1.07mg (63.2%), Zinc: 9.44mg (62.95%), Phosphorus: 611.78mg (61.18%), Vitamin D: 7.82µg (52.16%), Potassium: 1578.22mg (45.09%), Iron: 7.61mg (42.25%), Fiber: 9.91g (39.62%), Manganese: 0.79mg (39.37%), Copper: 0.65mg (32.4%), Magnesium: 114.46mg (28.62%), Vitamin B5: 2.6mg (25.97%), Folate: 101.42µg (25.35%), Vitamin B12: 1.31µg (21.83%), Calcium: 192.16mg (19.22%), Vitamin E: 1.79mg (11.9%), Vitamin A: 128.51IU (2.57%)