



Spareribs and Sauerkraut



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 lbs pork spareribs bone-in
- ☐ 2 tbps vegetable oil
- ☐ 1 large onion yellow peeled chopped
- ☐ 2 garlic cloves minced
- ☐ 28 oz jar of sauerkraut refrigerated (or) ()
- ☐ 1 cup cooking wine dry white (like a Sauvignon blanc)
- ☐ 4 servings water
- ☐ 4 servings salt and pepper

- ☐ 10 juniper berries
- ☐ 2 teaspoons caraway seeds

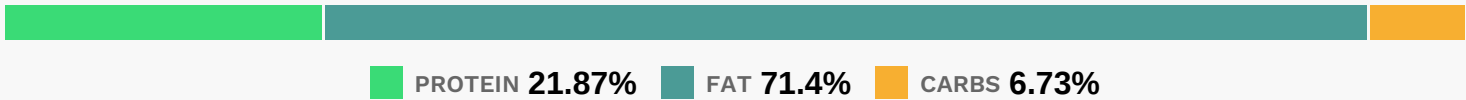
Equipment

- ☐ pot

Directions

- ☐ Brown the ribs: Separate the ribs, and sprinkle them with salt.
- ☐ Heat vegetable oil in a large heavy pot on medium high heat.
- ☐ Add the ribs and brown them.
- ☐ Remove the ribs from the pot and add the chopped onion to the pot. Sauté the onions for 3 minutes. Then add the minced garlic for a minute more. Return the ribs to the pot.
- ☐ Add sauerkraut, wine, juniper berries, caraway seeds:
- ☐ Add the sauerkraut and wine to the pot.
- ☐ Add just enough water to cover the ribs.
- ☐ Add 10 juniper berries and a sprinkle of caraway seed to taste.
- ☐ Simmer until meat is falling off the bones: Bring to boil and reduce heat to simmer. Simmer until the meat falls off of the bones, anywhere from one to two hours.
- ☐ Remove the bones and juniper berries.
- ☐ Add salt and pepper to taste.
- ☐ Serve with boiled potatoes. Delicious with ketchup which creates a sweet contrast to the sour sauerkraut, or you can use whole grain mustard.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:34.899565481621%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 896.49kcal (44.82%), Fat: 67.35g (103.61%), Saturated Fat: 21.51g (134.45%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 7.48g (2.72%), Sugar: 5.14g (5.72%), Cholesterol: 226.8mg (75.6%), Sodium: 1748.91mg (76.04%), Alcohol: 6.2g (100%), Alcohol %: 0.96% (100%), Protein: 46.42g (92.84%), Vitamin B6: 1.95mg (97.62%), Selenium: 64.08µg (91.55%), Vitamin B3: 13.59mg (67.95%), Vitamin B1: 0.97mg (64.67%), Zinc: 7.62mg (50.83%), Phosphorus: 458.27mg (45.83%), Vitamin B2: 0.77mg (45.34%), Vitamin D: 6.52µg (43.47%), Vitamin C: 32.62mg (39.55%), Iron: 5.77mg (32.03%), Potassium: 1097.73mg (31.36%), Fiber: 6.8g (27.22%), Vitamin K: 26.89µg (25.61%), Copper: 0.48mg (24.18%), Manganese: 0.41mg (20.75%), Vitamin B5: 2.01mg (20.11%), Magnesium: 80.23mg (20.06%), Vitamin B12: 1.08µg (17.95%), Folate: 54.9µg (13.72%), Calcium: 127.51mg (12.75%), Vitamin E: 1.4mg (9.34%)