



Sunday Afternoon Slow-Cooked Spare Ribs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



265 min.

SERVINGS



8

CALORIES



2975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 14 ounce beef broth canned
- 0.3 cup dehydrated onion dried minced
- 0.5 teaspoon nutmeg
- 0.5 cup catsup
- 0.3 cup juice of lemon
- 1 tablespoon olive oil light
- 8 pork loin

- 0.5 teaspoon pepper red crushed
- 8 servings salt and pepper black to taste
- 1 tablespoon seafood seasoning old bay® (such as)
- 2 tablespoons soya sauce
- 2 tablespoons vinegar
- 2 tablespoons worcestershire sauce

Equipment

- frying pan
- pot
- dutch oven

Directions

- Place the ribs into a large pot, and cover with lightly salted water. Bring the ribs to a boil, and boil for 45 minutes.
- Drain off the water and set the ribs aside.
- Heat the olive oil in a large, heavy pot or Dutch oven over medium heat until the oil shimmers, and brown the ribs on all sides, about 10 minutes per side.
- Remove the ribs, and pour in the beef broth, ketchup, brown sugar, lemon juice, vinegar, Worcestershire sauce, soy sauce, red pepper flakes, seafood seasoning, dried onion, nutmeg, and salt and pepper. Stir the ingredients until the sauce has dissolved any brown bits of flavor from the bottom of the pan. Bring the sauce to a simmer over medium-low heat, and transfer the ribs back into the sauce.
- Coat the ribs with sauce, cover the pan, and simmer over low heat until the meat is very tender and falls off the bones, about 3 hours.

Nutrition Facts

 **PROTEIN 69.2%**  **FAT 28.78%**  **CARBS 2.02%**

Properties

Glycemic Index:16.88, Glycemic Load:0.06, Inflammation Score:-9, Nutrition Score:59.256956338882%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 2974.64kcal (148.73%), Fat: 91.12g (140.19%), Saturated Fat: 27.75g (173.43%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 13.99g (5.09%), Sugar: 11.27g (12.53%), Cholesterol: 1382.85mg (460.95%), Sodium: 1901.25mg (82.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 492.92g (985.84%), Selenium: 608.79µg (869.69%), Vitamin B6: 16.65mg (832.68%), Vitamin B1: 9.74mg (649.65%), Vitamin B3: 126.97mg (634.87%), Phosphorus: 4965.34mg (496.53%), Zinc: 39.63mg (264.18%), Vitamin B2: 4.16mg (244.55%), Potassium: 8373.59mg (239.25%), Vitamin B12: 11.23µg (187.15%), Vitamin B5: 16.43mg (164.31%), Magnesium: 580.26mg (145.07%), Iron: 12.62mg (70.1%), Copper: 1.32mg (65.96%), Vitamin D: 8.78µg (58.53%), Vitamin E: 3.4mg (22.65%), Calcium: 137.09mg (13.71%), Manganese: 0.27mg (13.41%), Vitamin C: 5.5mg (6.66%), Vitamin K: 5.77µg (5.5%), Vitamin A: 131.43IU (2.63%), Folate: 8.81µg (2.2%), Fiber: 0.39g (1.56%)