



## Swedish Spareribs

 Gluten Free  Low Fod Map

READY IN



135 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 10.5 ounce beef broth canned
- 2 tablespoons ground allspice
- 0.5 teaspoon ground pepper black
- 2 pounds pork ribs country style
- 2 teaspoons salt
- 2 tablespoons sugar white

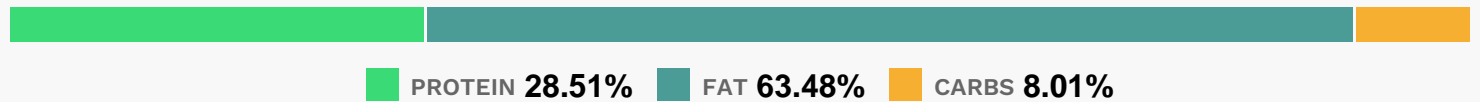
### Equipment

- bowl
- frying pan

## Directions

- In a small bowl, mix together the pepper, sugar, salt and allspice.
- Sprinkle the spice mixture generously over each rib.
- Melt butter in a large skillet over medium-high heat, but be careful not to burn. Brown ribs on all sides in the butter.
- Pour in the beef broth, cover, and reduce heat to low. Simmer for about 1 1/2 hours, or until ribs are fork tender. Do not remove the lid from the skillet during cooking.

## Nutrition Facts



## Properties

Glycemic Index:27.85, Glycemic Load:2.97, Inflammation Score:-2, Nutrition Score:11.123043513816%

## Nutrients (% of daily need)

Calories: 278.11kcal (13.91%), Fat: 19.59g (30.14%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.08g (1.85%), Sugar: 4g (4.44%), Cholesterol: 93.06mg (31.02%), Sodium: 1084.06mg (47.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.58%), Selenium: 32.27µg (46.11%), Vitamin B6: 0.54mg (26.98%), Vitamin B1: 0.37mg (24.81%), Phosphorus: 200.92mg (20.09%), Zinc: 2.77mg (18.43%), Vitamin B3: 3.48mg (17.39%), Vitamin B12: 1.03µg (17.23%), Vitamin B5: 1.6mg (16.04%), Vitamin B2: 0.26mg (15.56%), Potassium: 364.92mg (10.43%), Magnesium: 24.82mg (6.21%), Iron: 1.09mg (6.04%), Vitamin A: 255.94IU (5.12%), Manganese: 0.1mg (4.9%), Vitamin D: 0.69µg (4.59%), Copper: 0.09mg (4.54%), Calcium: 41.35mg (4.13%), Vitamin E: 0.45mg (2.98%), Fiber: 0.47g (1.9%)