



## Sweet and Spicy Country-Style Ribs

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef ribs country-style
- 2 tablespoons vegetable oil (pork)
- 1 small onion yellow finely chopped
- 1 clove garlic minced
- 2 tablespoons butter unsalted
- 1.5 cups tomato sauce
- 1 cup apple cider vinegar
- 1 cup honey

- 1 tablespoon hot sauce (I used Sriracha)
- 2 teaspoons ground pepper
- 2 teaspoons ancho chili powder
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard dry
- 6 servings carrots
- 2 cups beef stock homemade
- 6 servings water to cover, if needed

## Equipment

- frying pan
- dutch oven

## Directions

- Heat the fat in a 6-quart enameled Dutch oven over medium high heat and brown the ribs on all sides.
- Pour in the stock; add water to cover if necessary.
- Add the vegetable scraps and bring to a boil. Lower the heat to a simmer, cover and cook for 45 minutes to an hour, or until the ribs are tender.
- While the ribs are braising, saute the onions over medium-low heat in a large cast iron skillet until soft; add the garlic and saute for another minute more. Stir in tomato sauce, vinegar, honey, pepper or hot sauce, cayenne pepper, chili chili powder, salt and dry mustard. Bring the mixture to a boil, then reduce heat and simmer, uncovered for 25 minutes, stirring occasionally.
- When the ribs are tender, remove them from the braising liquid and add them to the spicy tomato sauce in the pan. Raise the heat and cook, stirring frequently, until the sauce has glazed the ribs, about 10 minutes.
- Serve with the remaining sauce on the side, if desired.

## Nutrition Facts



■ PROTEIN 18.95% ■ FAT 35.23% ■ CARBS 45.82%

## Properties

Glycemic Index:45.52, Glycemic Load:27.86, Inflammation Score:-10, Nutrition Score:23.481304347826%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 506.44kcal (25.32%), Fat: 20.27g (31.18%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 55.85g (20.31%), Sugar: 52.85g (58.72%), Cholesterol: 75.15mg (25.05%), Sodium: 843.98mg (36.69%), Protein: 24.53g (49.05%), Vitamin A: 11552.58IU (231.05%), Vitamin B12: 3.75µg (62.49%), Zinc: 5.95mg (39.68%), Vitamin B6: 0.69mg (34.55%), Vitamin B3: 5.94mg (29.68%), Potassium: 1038.18mg (29.66%), Phosphorus: 289.74mg (28.97%), Selenium: 18.5µg (26.42%), Iron: 3.93mg (21.81%), Vitamin B2: 0.36mg (21.24%), Vitamin K: 20.26µg (19.3%), Manganese: 0.37mg (18.54%), Vitamin E: 2.26mg (15.06%), Copper: 0.29mg (14.73%), Magnesium: 56.36mg (14.09%), Vitamin C: 11.51mg (13.95%), Fiber: 3.47g (13.89%), Vitamin B1: 0.2mg (13.31%), Vitamin B5: 0.79mg (7.88%), Folate: 30.69µg (7.67%), Calcium: 66.83mg (6.68%)