



## Sweet and Tangy Spareribs

 **Gluten Free**  **Dairy Free**

READY IN



**180 min.**

SERVINGS



**6**

CALORIES



**776 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup add carrot and onion to bacon fat . cook
- 1 teaspoon pepper black
- 1 tablespoon garlic salt
- 0.3 cup blackstrap molasses light
- 0.3 cup mustard prepared
- 2 teaspoons pepper sauce hot
- 3 pounds pork spareribs
- 0.3 cup soya sauce

- 3 tablespoons vinegar
- 2 tablespoons worcestershire sauce

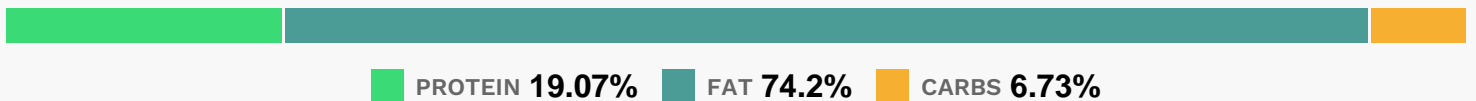
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat bacon drippings in a large, heavy skillet over medium heat.
- Place spareribs in the skillet, and brown on each side for about 5 minutes. Season with garlic salt and pepper.
- In a medium bowl, mix mustard, molasses, soy sauce, vinegar, Worcestershire sauce, and hot pepper sauce.
- Place browned ribs in a large baking dish. Cover with the mustard sauce mixture.
- Bake 2 1/2 to 3 hours in the preheated oven, basting occasionally with the sauce mixture, to an internal temperature of 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:28.83, Glycemic Load:4.76, Inflammation Score:-3, Nutrition Score:23.996521568817%

## Nutrients (% of daily need)

Calories: 776.29kcal (38.81%), Fat: 63.27g (97.34%), Saturated Fat: 20.96g (130.97%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 12.29g (4.47%), Sugar: 11.39g (12.66%), Cholesterol: 190.8mg (63.6%), Sodium: 2129.67mg (92.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.17%), Selenium: 56.09µg (80.12%), Vitamin B6: 1.43mg (71.27%), Vitamin B3: 11.19mg (55.95%), Vitamin B1: 0.76mg (50.62%), Zinc: 5.85mg (39%), Vitamin D: 5.46µg (36.42%), Vitamin B2: 0.6mg (35.3%), Phosphorus: 352.3mg (35.23%), Potassium: 841.99mg (24.06%),

Magnesium: 80.6mg (20.15%), Iron: 3.47mg (19.29%), Manganese: 0.38mg (18.98%), Vitamin B5: 1.6mg (16.04%),  
Copper: 0.29mg (14.4%), Vitamin B12: 0.86µg (14.36%), Calcium: 80.12mg (8.01%), Vitamin E: 0.94mg (6.29%),  
Fiber: 0.61g (2.45%), Vitamin C: 1.78mg (2.15%)