



## Sweet Mesquite BBQ Spareribs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



250 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup hickory smoke barbecue sauce kraft
- 2 lb pork spareribs
- 2 Tbsp a.1. rub mesquite bbq sweet dry

### Equipment

- frying pan
- oven

## Directions

- Heat oven to 200F.
- Place ribs, meat-sides up, in single layer in shallow pan; rub with dry rub. Cover.
- Bake 4 hours or until ribs are tender, brushing with barbecue sauce after 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:23.476956110934%

## Nutrients (% of daily need)

Calories: 757.35kcal (37.87%), Fat: 53.67g (82.57%), Saturated Fat: 17.17g (107.33%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 29.61g (10.77%), Sugar: 23.8g (26.44%), Cholesterol: 181.44mg (60.48%), Sodium: 920.69mg (40.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.86g (71.73%), Selenium: 50.97µg (72.81%), Vitamin B6: 1.38mg (69.09%), Vitamin B3: 11.06mg (55.3%), Vitamin B1: 0.75mg (49.68%), Zinc: 5.85mg (39.03%), Vitamin B2: 0.61mg (36.07%), Vitamin D: 5.22µg (34.78%), Phosphorus: 337.5mg (33.75%), Potassium: 728.41mg (20.81%), Iron: 3.23mg (17.93%), Vitamin K: 17.4µg (16.57%), Vitamin B5: 1.53mg (15.35%), Vitamin B12: 0.86µg (14.36%), Magnesium: 50.06mg (12.52%), Manganese: 0.25mg (12.5%), Copper: 0.25mg (12.49%), Vitamin E: 1.44mg (9.58%), Calcium: 77.53mg (7.75%), Vitamin A: 212.8IU (4.26%), Fiber: 0.87g (3.48%), Folate: 4.19µg (1.05%)