



Sylvia's Ribs

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

READY IN



120 min.

SERVINGS



8

CALORIES



1522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 1 cup brown sugar
- 2 cloves garlic minced
- 3 cups catsup
- 2.5 tablespoons juice of lemon
- 1 dash hot sauce hot to taste
- 8 pounds pork spareribs
- 3 tablespoons steak sauce

- 2 teaspoons worcestershire sauce

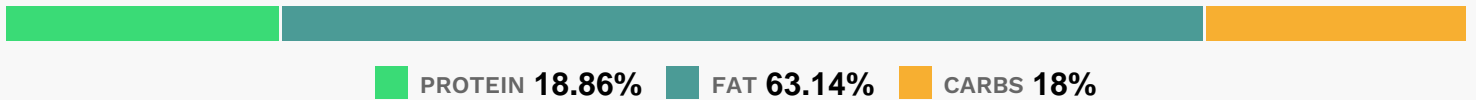
Equipment

- sauce pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Place the ribs in a large stock pot with enough water to cover. Bring the water to a boil and cook over medium-high heat for 1 hour.
- Preheat oven to 350 degrees F (175 degrees C).
- In medium saucepan, combine ketchup, barbeque sauce, brown sugar, lemon juice, Worcestershire sauce, hot pepper sauce, steak sauce and garlic; blend well. Cook the sauce over medium heat for approximately 20 minutes. (Please note that the above ingredients are all to taste. Use more or less of anything you like. I never make the ribs the same way twice!)
- Cut the ribs between the bones and place in a baking pan.
- Pour sauce over ribs, cover and cook for 30 minutes.
- Remove foil and continue cooking for an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:40.900435157444%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 1521.99kcal (76.1%), Fat: 106.48g (163.82%), Saturated Fat: 34.18g (213.64%), Carbohydrates: 68.32g (22.77%), Net Carbohydrates: 67.61g (24.59%), Sugar: 58.54g (65.05%), Cholesterol: 362.87mg (120.96%), Sodium: 1672.45mg (72.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.57g (143.13%), Selenium: 101.38µg (144.83%), Vitamin B6: 2.8mg (140.06%), Vitamin B3: 22.75mg (113.74%), Vitamin B1: 1.47mg (98.04%), Vitamin B2: 1.31mg (77.32%), Zinc: 11.59mg (77.3%), Vitamin D: 10.43µg (69.55%), Phosphorus: 675.5mg (67.55%), Potassium: 1507.51mg (43.07%), Vitamin B5: 2.98mg (29.83%), Vitamin B12: 1.72µg (28.73%), Iron: 5.04mg (28%), Copper: 0.49mg (24.73%), Magnesium: 93.02mg (23.25%), Vitamin E: 3.35mg (22.35%), Calcium: 120.47mg (12.05%), Vitamin A: 559.93IU (11.2%), Manganese: 0.22mg (11%), Vitamin C: 6.54mg (7.93%), Vitamin K: 3.5µg (3.33%), Fiber: 0.71g (2.82%), Folate: 10.62µg (2.66%)