

Slow and Low Country Ribs

Yield: 7 min
Total Time: 220 min

Recipe from: <https://www.recipeschoose.com/recipes/95-easter-recipe-from-country-living>

Ingredients:

- 3 pounds pork country ribs
- kosher salt
- vegetable oil
- barbecue sauce your choice

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 145 milligrams
4. Fat: 26 grams
5. Protein: 37 grams
6. SaturatedFat: 4 grams
7. Sodium: 270 milligrams
8. Sugar: 1 grams

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