

# Chinese Style Boneless Ribs

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-boneless-ribs-recipe>

## Ingredients:

- 3 pounds ribs boneless country style
- 11 ounces bbq sauce jar Ah-So Original Chinese Style
- salt
- pepper

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 205 milligrams
4. Fat: 48 grams
5. Fiber: 1 grams
6. Protein: 68 grams
7. SaturatedFat: 17 grams
8. Sodium: 1210 milligrams
9. Sugar: 20 grams

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