

Oven-Baked Country-Style Pork Ribs | Pork

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-country-style-pork-ribs-recipe>

Ingredients:

- 3 pounds country style pork ribs bone-in
- 3 tablespoons canola oil separated
- 2 teaspoons house seasoning or your favorite store-bought spice blend
- 1 yellow onion halved and cut into 1/4" slices
- 1 green bell pepper stem removed, seeded, quartered and cut into 1/4" strips
- 1/4 cup pineapple juice
- 3/4 cup ketchup
- 1/3 cup molasses
- 1 tablespoon yellow mustard
- 2 teaspoons chili powder
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 250 milligrams
4. Fat: 51 grams
5. Fiber: 2 grams
6. Protein: 66 grams
7. SaturatedFat: 8 grams
8. Sodium: 910 milligrams
9. Sugar: 29 grams

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