



Pork St. Louis Style Ribs In BBQ Sauce, Fully Cooked, Hardwood Smoked.

Ingredients: Pork St. Louis Style Ribs, High Fructose Corn Syrup, Water, Distilled Vinegar, Tomato Paste, Contains less than 2% of the following: Salt, Pineapple Juice Concentrate, Molasses, Spices, Flavorings, Brown Sugar, Natural Smoke Flavor, Dextrose, Modified Food Starch, Corn Syrup, Sugar, Sodium Phosphate, Paprika, Caramel Color, Sodium Benzoate, Tamarind, Syrup, Garlic, Sugar, Natural Flavor.

Nutrition Facts

Serving Size: 5oz. (140g)

Servings Per Container Varies

Amount Per Serving

Calories 320 Calories From Fat 180

	% Daily Value*
Total Fat 20g	31%
Saturated Fat 8g	38%
Trans. Fat 0g	
Cholesterol 65mg	22%
Sodium 750mg	31%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	

Protein 17g

Vitamin A 0% • Vitamin C 6%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Heating Instructions

Conventional Oven: Pre-heat oven to 375° F. Peel back the film and remove the ribs from the package. Place the ribs, meat side up, single layer, on a sheet or tray in the middle of the oven. Heat the ribs for approximately 25 minutes or until hot. Apply remaining sauce as desired. Additional tips and options to consider:

1. Line the sheet or tray with aluminum foil to make clean up easier.
2. If your oven has a convection option, cooking with convection for some or all of the time will shorten the time and increase the caramelized exterior of the ribs.
3. For more of a "fall-off-the-bone style" of rib, add half a cup of water to the sheet or tray and cover the ribs with aluminum foil for part of the time. Remove the top aluminum foil carefully as hot steam will escape. Finish open in the oven.

Grill or Barbeque: Heat the grill or barbeque to approximately 375° F or medium heat. Peel back the film and remove the ribs from the package. Place the ribs, meat side up, single layer, directly on the grill or on a sheet or tray in the middle. Heat the ribs for approximately 25 minutes or until hot. Apply remaining sauce as desired. Additional tips and options to consider:

1. If you choose to use a sheet or tray, then line it with aluminum foil to make clean up easier.
2. For a more "fall-off-the-bone style" of ribs you may wrap the ribs in aluminum foil for part of the time. Remove the top aluminum foil carefully as hot steam will escape.

Microwave: Peel back the film and remove the ribs from the package. Place the ribs, meat side up, single layer, into a microwavable container. The ribs may be cut into portions to fit the container. Cover the ribs with microwavable plastic film or a paper towel. Heat the ribs on high for 4 to 6 minutes or until hot. Microwaves will vary according to power settings. Refer to your manual for specific settings. Carefully remove the microwavable plastic film or paper towel from the container, as hot steam will escape. Carefully remove plastic film from container as hot steam may escape.

For Extra Sauce: Sauce from package can be spread over ribs prior to heating or applied after cooking.