



Classic Barbecue Ribs



Gluten Free



Dairy Free

READY IN



435 min.

SERVINGS



6

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup spiced apple butter
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon coarse ground pepper
- ☐ 1 cup catsup
- ☐ 0.5 cup juice of lemon
- ☐ 1 medium onion chopped
- ☐ 0.5 cup orange juice

- ☐ 6 servings garnish: parsley fresh chopped
- ☐ 4 pounds pork ribs bone-in country-style
- ☐ 2 teaspoons salt divided
- ☐ 1 tablespoon steak sauce
- ☐ 0.5 teaspoon worcestershire sauce

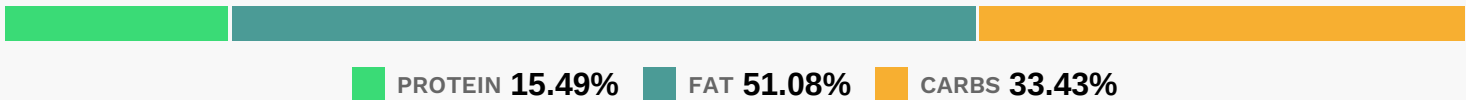
Equipment

- ☐ slow cooker

Directions

- ☐ Cut ribs apart, if necessary, and trim excess fat; sprinkle 1 tsp. salt evenly over ribs.
- ☐ Stir together remaining 1 tsp. salt, onion, and next 9 ingredients until blended.
- ☐ Pour half of onion mixture into a 5-qt. slow cooker.
- ☐ Place ribs in slow cooker, and pour remaining mixture over ribs.
- ☐ Cover and cook on HIGH 6 to 7 hours or until ribs are tender.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used A. Steak Sauce.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:27.459999644238%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 5.41mg, Hesperetin: 5.41mg, Hesperetin: 5.41mg, Hesperetin: 5.41mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 874.28kcal (43.71%), Fat: 49.87g (76.73%), Saturated Fat: 16g (99.99%), Carbohydrates: 73.45g (24.48%), Net Carbohydrates: 71.94g (26.16%), Sugar: 64.04g (71.16%), Cholesterol: 169.34mg (56.45%), Sodium: 1378.02mg (59.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.05%), Selenium: 47.73µg (68.18%), Vitamin B6: 1.36mg (68.18%), Vitamin K: 67.93µg (64.7%), Vitamin B3: 10.72mg (53.62%), Vitamin B1: 0.72mg (48.12%), Vitamin B2: 0.63mg (36.94%), Zinc: 5.51mg (36.77%), Vitamin C: 27.19mg (32.96%), Phosphorus: 329.28mg (32.93%), Vitamin D: 4.87µg (32.46%), Potassium: 845.79mg (24.17%), Iron: 2.92mg (16.25%), Manganese: 0.32mg (16.24%), Vitamin B5: 1.53mg (15.25%), Copper: 0.3mg (14.79%), Vitamin B12: 0.8µg (13.41%), Magnesium: 52.78mg (13.19%), Vitamin A: 605.06IU (12.1%), Vitamin E: 1.5mg (9.98%), Calcium: 91.87mg (9.19%), Folate: 24.58µg (6.14%), Fiber: 1.5g (6.01%)