



Country Cooking Slow Cooker Neck Bones

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



6 kcal

SIDE DISH

Ingredients

- ☐ 3 cloves garlic minced to taste
- ☐ 1 small onion chopped
- ☐ 3 pounds pork neck bones
- ☐ 1 teaspoon thyme leaves dried
- ☐ 4 cups water
- ☐ 1 tablespoon distilled vinegar white

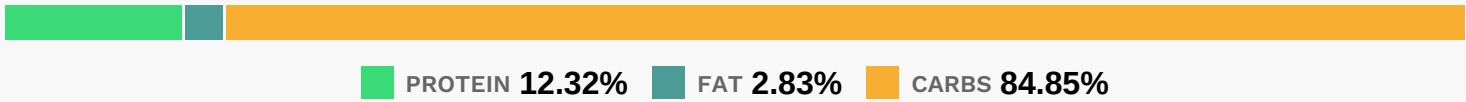
Equipment

- ☐ slow cooker

Directions

- ☐ Place the neck bones into a slow cooker.
- ☐ Sprinkle in the onion, garlic, salt, and thyme leaves.
- ☐ Pour in the vinegar and water.
- ☐ Cover and cook on High until the meat is tender, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:0.5352173930277%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 5.79kcal (0.29%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.38g (0.43%), Cholesterol: 0mg (0%), Sodium: 6.52mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Manganese: 0.04mg (1.77%), Vitamin C: 1.4mg (1.7%), Copper: 0.03mg (1.36%), Vitamin B6: 0.03mg (1.27%)