

Cranberry-Barbecue Pork Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baby back ribs
- 12 ounce chili sauce heinz®
- 2 teaspoons garlic minced
- 2 tablespoons onion minced
- 0.5 teaspoon pepper
- 1 tablespoon red wine vinegar heinz®
- 0.5 teaspoon salt

Equipment

slow cooker

Directions

- Spray 4 to 5-quart slow cooker with cooking spray.
- Cut ribs into 2-rib portions; place in slow cooker covering entire bottom.
- Sprinkle with salt and pepper.
- Stir together cranberry sauce, chili sauce, onion, vinegar and garlic. Spoon over ribs. Cover and cook on low for 6 to 7 hours or until ribs are tender.
- Remove ribs from slow cooker. Discard liquid.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:17.637391266615%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 375.93kcal (18.8%), Fat: 23.52g (36.18%), Saturated Fat: 8.29g (51.83%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 10.5g (3.82%), Sugar: 7.69g (8.55%), Cholesterol: 98.59mg (32.86%), Sodium: 1078.4mg (46.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.57%), Selenium: 44.66µg (63.79%), Vitamin B3: 10.6mg (53.01%), Vitamin B1: 0.71mg (47.18%), Vitamin B6: 0.71mg (35.53%), Vitamin B2: 0.48mg (28.1%), Phosphorus: 252.48mg (25.25%), Zinc: 3.74mg (24.94%), Potassium: 574.81mg (16.42%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.18mg (11.81%), Vitamin C: 9.64mg (11.69%), Copper: 0.21mg (10.53%), Vitamin D: 1.57µg (10.48%), Vitamin E: 1.43mg (9.56%), Iron: 1.59mg (8.85%), Vitamin A: 418.06IU (8.36%), Magnesium: 30.64mg (7.66%), Calcium: 59.22mg (5.92%), Fiber: 1.48g (5.92%), Vitamin K: 3.25µg (3.1%), Manganese: 0.06mg (2.77%), Folate: 5.79µg (1.45%)