

GrannyLin's Barbeque Ribs Made Easy

 **Gluten Free**  **Dairy Free**

READY IN



490 min.

SERVINGS



4

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 4 servings pepper black
- 1 large onion sliced
- 4 pound pork ribs country style
- 0.5 cup water

Equipment

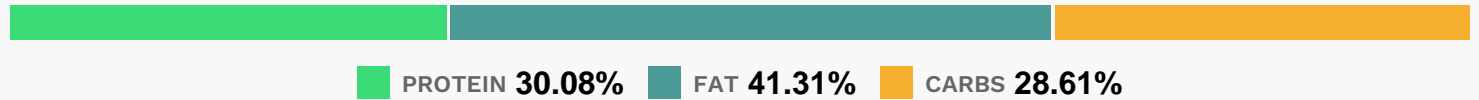
- baking sheet
- oven

- broiler
- slow cooker

Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Set slow cooker on Medium, add the sliced onions and cover.
- Place the ribs on a baking sheet, season with salt and ground black pepper, and place under the preheated broiler until brown, about 5 minutes.
- Place the browned ribs into the preheated slow cooker with the onion. Cover and cook for 4 hours.
- After 4 hours, pour the entire bottle of barbeque sauce over the ribs and onions, pour water into the barbeque sauce bottle, shake and pour into the slow cooker to prevent sticking. Stir gently to combine the water and barbeque sauce. Cover and cook until tender, about another 4 hours.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:32.328260888224%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 791.91kcal (39.6%), Fat: 35.69g (54.91%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 55.62g (18.54%), Net Carbohydrates: 53.81g (19.57%), Sugar: 43.94g (48.83%), Cholesterol: 218.18mg (72.73%), Sodium: 1502.75mg (65.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.49g (116.98%), Selenium: 97.08µg (138.69%), Vitamin B6: 1.73mg (86.51%), Vitamin B1: 1.15mg (76.82%), Phosphorus: 605.58mg (60.56%), Zinc: 8.48mg (56.54%), Vitamin B5: 5mg (50.01%), Vitamin B3: 9.89mg (49.47%), Vitamin B12: 2.95µg (49.14%), Vitamin B2: 0.83mg (48.69%), Potassium: 1289.62mg (36.85%), Magnesium: 82.72mg (20.68%), Iron: 3.41mg (18.95%), Copper: 0.34mg (17.13%), Vitamin D: 2.06µg (13.76%), Manganese: 0.25mg (12.72%), Calcium: 116.92mg (11.69%), Vitamin E: 1.71mg (11.38%), Fiber: 1.81g (7.24%), Vitamin A: 310.65IU (6.21%), Vitamin C: 3.54mg (4.29%), Vitamin K: 2.61µg (2.49%),

Folate: 9.69µg (2.42%)