



## Grilled Slow-Cooker Ribs

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

READY IN



570 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 pounds baby back ribs
- 0.3 cup brown sugar packed
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 3 tablespoons liquid smoke
- 2 cloves garlic finely chopped
- 1 medium onion sliced
- 0.5 cup coca-cola

1.5 cups barbecue sauce

## Equipment

grill

slow cooker

## Directions

Spray inside of 4- to 5-quart slow cooker with cooking spray.

Remove inner skin from ribs.

Mix brown sugar, salt, pepper, liquid smoke and garlic; rub mixture into ribs.

Cut ribs into 4-inch pieces.

Layer ribs and onion in slow cooker.

Pour cola over ribs.

Cover and cook on low heat setting 8 to 9 hours or until tender.

Remove ribs from slow cooker.

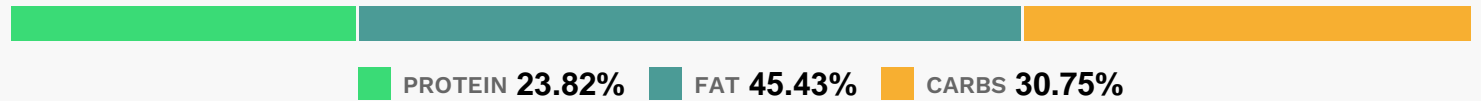
Drain and discard liquid.

Heat coals or gas grill.

Place ribs on grill.

Brush with barbecue sauce. Cover and grill 4 to 6 inches from medium heat 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.33, Glycemic Load:1.68, Inflammation Score:-3, Nutrition Score:19.388695711675%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 547.73kcal (27.39%), Fat: 27.7g (42.62%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 41.18g (14.97%), Sugar: 35.18g (39.09%), Cholesterol: 115.02mg (38.34%), Sodium: 1289.99mg (56.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Selenium: 52.48µg (74.97%), Vitamin B3: 11.76mg (58.81%), Vitamin B1: 0.79mg (52.59%), Vitamin B6: 0.8mg (39.79%), Vitamin B2: 0.55mg (32.64%), Zinc: 4.41mg (29.39%), Phosphorus: 280.45mg (28.05%), Potassium: 623.27mg (17.81%), Vitamin B12: 0.93µg (15.56%), Vitamin B5: 1.52mg (15.24%), Vitamin D: 1.83µg (12.22%), Copper: 0.22mg (11.02%), Iron: 1.89mg (10.48%), Magnesium: 39.17mg (9.79%), Calcium: 90.28mg (9.03%), Manganese: 0.17mg (8.62%), Vitamin E: 0.98mg (6.52%), Fiber: 1.02g (4.07%), Vitamin A: 198.2IU (3.96%), Vitamin C: 2.1mg (2.54%), Vitamin K: 1.65µg (1.57%), Folate: 5.06µg (1.27%)