



## Hoisin (but not really) Country Ribs



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 1 tablespoon onion dried minced to taste
- ☐ 0.3 cup hoisin sauce
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 3 pounds pork ribs country-style
- ☐ 3 mushroom caps sliced

### Equipment

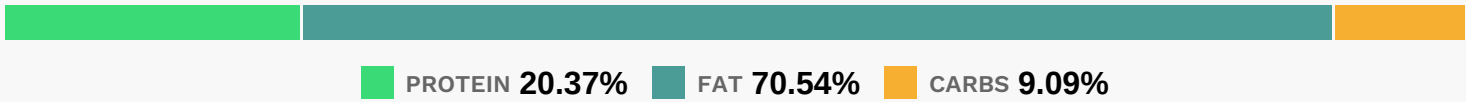
- ☐ frying pan

☐ slow cooker

## Directions

- ☐ Heat the peanut oil in a large skillet over high heat. Brown the ribs evenly in the hot oil, about 5 minutes; remove from heat.
- ☐ Stir the tomato sauce, dried onion, hoisin sauce, and shiitake mushrooms together in a slow cooker.
- ☐ Add the ribs to the sauce mixture, turning to coat in the sauce.
- ☐ Cook on Low until the ribs are falling-apart tender, 8 to 10 hours.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:18.112608723018%

## Nutrients (% of daily need)

Calories: 516.29kcal (25.81%), Fat: 40.25g (61.92%), Saturated Fat: 12.46g (77.9%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 9.93g (3.61%), Sugar: 7.17g (7.97%), Cholesterol: 127.46mg (42.49%), Sodium: 712.84mg (30.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.29%), Selenium: 36.07µg (51.53%), Vitamin B6: 1.02mg (51.2%), Vitamin B3: 8.56mg (42.81%), Vitamin B1: 0.53mg (35.28%), Vitamin B2: 0.49mg (29.04%), Zinc: 4.26mg (28.41%), Phosphorus: 259.15mg (25.92%), Vitamin D: 3.68µg (24.53%), Potassium: 647.67mg (18.5%), Vitamin E: 2.02mg (13.46%), Vitamin B5: 1.34mg (13.38%), Iron: 2.32mg (12.9%), Copper: 0.24mg (12.07%), Magnesium: 41.87mg (10.47%), Vitamin B12: 0.6µg (10.05%), Manganese: 0.16mg (7.91%), Fiber: 1.74g (6.97%), Vitamin C: 5.65mg (6.85%), Vitamin A: 307.95IU (6.16%), Calcium: 40.91mg (4.09%), Folate: 12.19µg (3.05%), Vitamin K: 2.11µg (2.01%)