

Honey Ribs

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

READY IN



310 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baby back pork ribs
- 0.3 cup honey barbeque sauce
- 10.5 ounce beef broth canned
- 0.3 cup honey
- 3 tablespoons dijon honey mustard
- 0.3 cup maple syrup
- 0.3 cup soya sauce
- 0.5 cup water

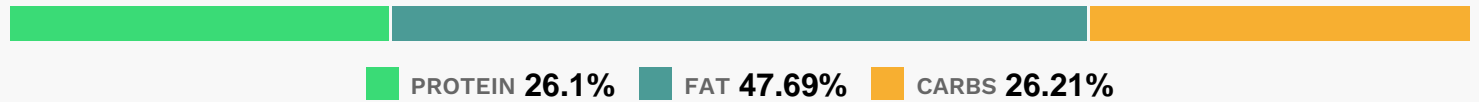
Equipment

slow cooker

Directions

- In the crock of a slow cooker, mix together the beef broth, honey mustard, honey, water, barbeque sauce, soy sauce, and maple syrup. Slice ribs apart, leaving an even amount of meat on each side of the bone.
- Place them into the slow cooker so that they are covered by the sauce. If there is not enough sauce, you may add a little water or beef broth to compensate.
- Cover, and cook on High for 5 hours, or until the meat falls easily from the bones.

Nutrition Facts



Properties

Glycemic Index:17.3, Glycemic Load:9.44, Inflammation Score:-2, Nutrition Score:16.891304407431%

Nutrients (% of daily need)

Calories: 443.99kcal (22.2%), Fat: 23.53g (36.19%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 28.89g (10.5%), Sugar: 25.26g (28.06%), Cholesterol: 98.59mg (32.86%), Sodium: 1011.84mg (43.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Selenium: 44.56µg (63.65%), Vitamin B3: 10.55mg (52.75%), Vitamin B1: 0.67mg (44.75%), Vitamin B2: 0.64mg (37.84%), Vitamin B6: 0.64mg (31.98%), Zinc: 3.82mg (25.45%), Phosphorus: 242mg (24.2%), Manganese: 0.4mg (19.98%), Vitamin B12: 0.83µg (13.91%), Potassium: 465.38mg (13.3%), Vitamin B5: 1.24mg (12.44%), Vitamin D: 1.57µg (10.48%), Iron: 1.55mg (8.61%), Magnesium: 32.57mg (8.14%), Copper: 0.16mg (7.99%), Calcium: 69.2mg (6.92%), Vitamin E: 0.44mg (2.92%), Vitamin A: 58.13IU (1.16%)