

DINNER

Melt-In-Your-Mouth Barbecued Ribs

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
13 min	10 min	3 min	4	\$5.68	2,023 kcal



Melt-In-Your-Mouth Barbecued Ribs is a gluten free and dairy free recipe with 4 servings. For \$5.68 per serving, this recipe covers 54% of your daily requirements of vitamins and minerals. This main course has 2092 calories, 109g of protein, and 160g of fat per serving.

Ingredients

- ☐ 1/3 cup brown sugar
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons red wine vinegar
- ☐ 28 ounce chunky tomato sauce
canned
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon reduced-sodium soy sauce
- ☐ 6 pounds sides pork spareribs (about ,
separated
- ☐ 1/2 teaspoon salt
- ☐ 1 tablespoon Worcestershire sauce

Method

- 1

Watch how to make this recipe.
- 2

Place the spareribs in the bottom of a slow cooker. In a medium bowl, whisk together the remaining ingredients. Reserve 6 tablespoons for BBQ Pizza.
- 3

Pour the mixture over the spareribs. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
- 4

Reserve 1/2 of the ribs and pull the meat from the bones for the BBQ Pizza recipe.

Nutrition per serving			
	2,023	109 g	160 g
	KCAL	PROTEIN	FAT
			32 g
			CARBS
Saturated Fat			51.4 g · 321% of daily needs
Fibre			4.1 g · 16% of daily needs
Sugar			25.5 g · 28% of daily needs
Sodium			2,023 mg · 88% of daily needs
Cholesterol			544 mg · 181% of daily needs
Vitamin C			14.7 mg · 18% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/melt-in-your-mouth-barbecued-ribs-144164