



Slow Cooked Ribs



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 racks baby back pork ribs
- ☐ 3 tablespoons brown sugar packed
- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon grill seasoning to taste
- ☐ 1 cup catsup
- ☐ 2 tablespoons worcestershire sauce

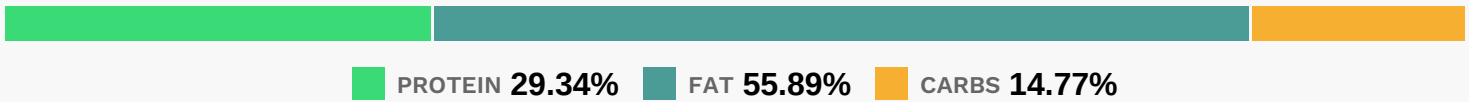
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a large baking pan with aluminum foil and spray with cooking spray.
- ☐ Place ribs onto the prepared baking sheet. Season both sides with grill seasoning.
- ☐ Bake ribs in the preheated oven for 30 minutes; flip ribs over and bake an additional 15 minutes.
- ☐ Cut ribs apart and place into a slow cooker.
- ☐ Mix ketchup, brown sugar, Worcestershire sauce, Dijon mustard, and garlic in a bowl until thoroughly combined; pour sauce over ribs. Stir to coat. Cook ribs on Low until tender, 4 to 6 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:30.696086940558%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 741.32kcal (37.07%), Fat: 46.52g (71.57%), Saturated Fat: 16.43g (102.69%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 27.26g (9.91%), Sugar: 22.44g (24.93%), Cholesterol: 195.62mg (65.21%), Sodium:

945.38mg (41.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.95g (109.91%), Selenium: 89.02µg (127.18%), Vitamin B3: 20.18mg (100.89%), Vitamin B1: 1.32mg (87.87%), Vitamin B6: 1.31mg (65.67%), Vitamin B2: 0.98mg (57.62%), Zinc: 7.37mg (49.13%), Phosphorus: 463.7mg (46.37%), Potassium: 960.87mg (27.45%), Vitamin B12: 1.59µg (26.46%), Vitamin B5: 2.37mg (23.75%), Vitamin D: 3.12µg (20.79%), Iron: 3.13mg (17.38%), Copper: 0.34mg (16.97%), Magnesium: 58.18mg (14.55%), Calcium: 122.15mg (12.22%), Vitamin E: 1.58mg (10.56%), Vitamin A: 392.77IU (7.86%), Manganese: 0.15mg (7.52%), Vitamin K: 5.98µg (5.7%), Vitamin C: 3.87mg (4.7%), Folate: 7.14µg (1.79%), Fiber: 0.41g (1.65%)