



Slow-Cooked Sweet and Spicy Baby Back Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



600 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds baby back pork ribs
- ☐ 2 packets flavor concentrated beef broth swanson®
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 tablespoons ginger root fresh grated peeled
- ☐ 0.8 cup peach preserves
- ☐ 0.8 cup picante sauce pace®

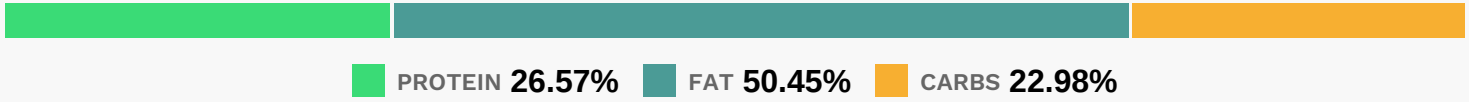
Equipment

- ☐ slow cooker

Directions

- ☐ Stir the picante sauce, preserves, concentrated broth, ginger and red pepper in a 6-quart slow cooker.
- ☐ Add the ribs and turn to coat.
- ☐ Cover and cook on LOW for 7 to 8 hours or until the ribs are fork-tender.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:11.93, Inflammation Score:-3, Nutrition Score:16.06217380192%

Nutrients (% of daily need)

Calories: 417.86kcal (20.89%), Fat: 23.45g (36.08%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 23.13g (8.41%), Sugar: 16.44g (18.26%), Cholesterol: 98.59mg (32.86%), Sodium: 299.66mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.57%), Selenium: 44.79µg (63.98%), Vitamin B3: 10.01mg (50.05%), Vitamin B1: 0.67mg (44.51%), Vitamin B6: 0.66mg (33.01%), Vitamin B2: 0.47mg (27.69%), Zinc: 3.71mg (24.76%), Phosphorus: 235.27mg (23.53%), Vitamin B12: 0.8µg (13.34%), Potassium: 452.62mg (12.93%), Vitamin B5: 1.23mg (12.3%), Vitamin D: 1.57µg (10.48%), Copper: 0.18mg (9.21%), Iron: 1.4mg (7.77%), Magnesium: 28.92mg (7.23%), Calcium: 58.61mg (5.86%), Vitamin E: 0.78mg (5.19%), Vitamin A: 222.56IU (4.45%), Vitamin C: 3.36mg (4.07%), Fiber: 0.91g (3.65%), Manganese: 0.06mg (3%), Vitamin K: 1.29µg (1.23%), Folate: 4.75µg (1.19%)