



WHATSheATE



Slow-Cooker Asian Hoisin Ribs



Gluten Free



Dairy Free

READY IN



480 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaves cilantro leaves fresh
- ☐ 1 tablespoon ground ginger grated
- ☐ 0.5 cup hoisin sauce
- ☐ 1 medium onion sliced
- ☐ 3 pounds pork stew meat bone-in country-style
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 2 teaspoons sesame oil
- ☐ 0.3 cup soya sauce

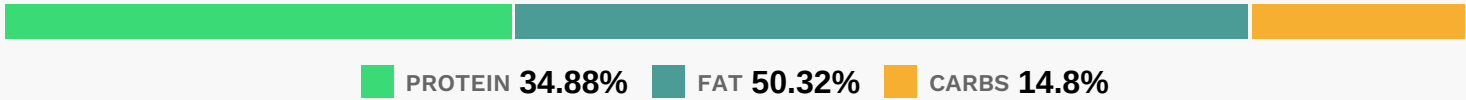
Equipment

☐ slow cooker

Directions

- ☐ Place ribs in 3 1/2- to 4-quart slow cooker. Cover with onion slices.
- ☐ Mix remaining ingredients except cilantro; pour over ribs and onion.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until ribs are tender.
- ☐ Remove ribs to serving platter; keep warm. Skim fat from surface of juices in cooker.
- ☐ Serve ribs with sauce; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:26.18739114637%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 539kcal (26.95%), Fat: 29.4g (45.23%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 17.72g (6.44%), Sugar: 10.85g (12.06%), Cholesterol: 164.66mg (54.89%), Sodium: 1508.13mg (65.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.85g (91.7%), Selenium: 73.1µg (104.43%), Vitamin B6: 1.28mg (64.17%), Vitamin B1: 0.85mg (56.84%), Phosphorus: 469.73mg (46.97%), Zinc: 6.42mg (42.77%), Vitamin B3: 7.95mg (39.73%), Vitamin B2: 0.67mg (39.18%), Vitamin B12: 2.21µg (36.85%), Vitamin B5: 3.68mg (36.77%), Manganese: 0.65mg (32.42%), Potassium: 833.21mg (23.81%), Magnesium: 66.19mg (16.55%), Iron: 2.89mg (16.04%), Copper: 0.25mg (12.73%), Vitamin D: 1.55µg (10.32%), Calcium: 71.74mg (7.17%), Fiber: 1.73g (6.92%), Vitamin E: 0.64mg (4.3%), Folate: 16.06µg (4.01%), Vitamin C: 2.25mg (2.73%), Vitamin K: 1.34µg (1.28%)