



Slow Cooker Barbecued Ribs

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



READY IN

ready

195 min.

SERVINGS

servings

12

CALORIES

calories

673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 pinch cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon paprika
- ☐ 6 pounds pork spareribs cut into serving-size pieces
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 28 ounce chunky tomato sauce canned

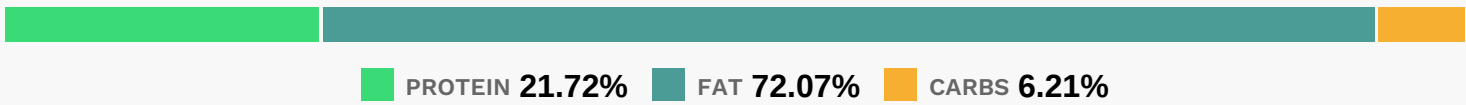
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Stir tomato sauce, brown sugar, red wine vinegar, chili powder, soy sauce, cumin, paprika, garlic powder, salt, and cayenne pepper together in bowl.
- ☐ Place sparerib pieces into a slow cooker and pour sauce over ribs. Cook on High for 3 to 4 hours or on Low for 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:23.666086502697%

Nutrients (% of daily need)

Calories: 673.15kcal (33.66%), Fat: 53.46g (82.25%), Saturated Fat: 17.13g (107.05%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9g (3.27%), Sugar: 8.39g (9.32%), Cholesterol: 181.44mg (60.48%), Sodium: 691.61mg (30.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.26g (72.52%), Selenium: 50.6µg (72.29%), Vitamin B6: 1.4mg (69.77%), Vitamin B3: 11.41mg (57.03%), Vitamin B1: 0.75mg (49.71%), Zinc: 5.88mg (39.23%), Vitamin B2: 0.62mg (36.73%), Vitamin D: 5.22µg (34.78%), Phosphorus: 345.28mg (34.53%), Potassium: 783.52mg (22.39%), Iron: 3.18mg (17.65%), Vitamin B5: 1.65mg (16.48%), Vitamin B12: 0.86µg (14.36%), Vitamin E: 2.11mg (14.06%), Copper: 0.27mg (13.74%), Magnesium: 50.18mg (12.54%), Vitamin A: 573.88IU (11.48%), Manganese: 0.13mg (6.7%), Vitamin C: 4.68mg (5.68%), Calcium: 54.76mg (5.48%), Fiber: 1.35g (5.42%), Vitamin K: 2.72µg (2.59%), Folate: 6.71µg (1.68%)