



## Slow-Cooker Barbecued Ribs



Gluten Free



Dairy Free



Popular

READY IN



615 min.

SERVINGS



4

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3.5 pounds baby back ribs
- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 3 tablespoons liquid smoke
- ☐ 2 garlic clove chopped
- ☐ 1 medium onion sliced
- ☐ 0.5 cup coca-cola

☐ 1.5 cups barbecue sauce

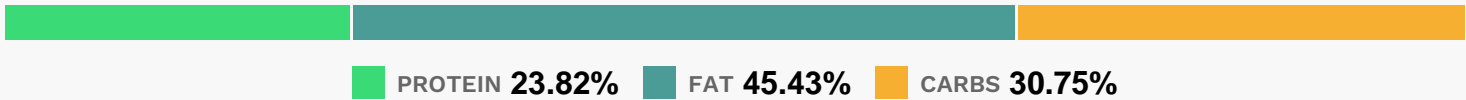
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray inside of 4- to 5-quart slow cooker with cooking spray.
- ☐ Remove inner skin from ribs; cut into 4-inch pieces.
- ☐ Mix brown sugar, salt, pepper, liquid smoke and garlic; rub mixture into ribs.
- ☐ Layers ribs and onion in slow cooker.
- ☐ Pour cola over ribs.
- ☐ Cover and cook on low heat setting 8 to 9 hours or until tender.
- ☐ Remove ribs from slow cooker.
- ☐ Drain and discard liquid.
- ☐ Pour barbecue sauce into shallow bowl. Dip ribs into sauce.
- ☐ Place ribs in slow cooker.
- ☐ Pour any remaining sauce over ribs. Cover and cook on low heat setting 1 hour. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer’s directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:28.541304489841%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 821.59kcal (41.08%), Fat: 41.56g (63.93%), Saturated Fat: 14.52g (90.78%), Carbohydrates: 63.29g (21.1%), Net Carbohydrates: 61.76g (22.46%), Sugar: 52.77g (58.64%), Cholesterol: 172.53mg (57.51%), Sodium: 1934.99mg (84.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.02g (98.05%), Selenium: 78.72µg (112.45%), Vitamin B3: 17.64mg (88.22%), Vitamin B1: 1.18mg (78.89%), Vitamin B6: 1.19mg (59.68%), Vitamin B2: 0.83mg (48.95%), Zinc: 6.61mg (44.08%), Phosphorus: 420.68mg (42.07%), Potassium: 934.91mg (26.71%), Vitamin B12: 1.4µg (23.34%), Vitamin B5: 2.29mg (22.86%), Vitamin D: 2.75µg (18.34%), Copper: 0.33mg (16.53%), Iron: 2.83mg (15.72%), Magnesium: 58.75mg (14.69%), Calcium: 135.42mg (13.54%), Manganese: 0.26mg (12.92%), Vitamin E: 1.47mg (9.78%), Fiber: 1.53g (6.11%), Vitamin A: 297.3IU (5.95%), Vitamin C: 3.15mg (3.81%), Vitamin K: 2.48µg (2.36%), Folate: 7.59µg (1.9%)