



Slow Cooker Barbequed Beef Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



490 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef back ribs
- 0.8 cup brown sugar
- 1 cup catsup
- 2 tablespoons mustard prepared
- 1 tablespoon salt
- 6 ounce tomato paste canned
- 0.5 cup vinegar
- 1 cup water

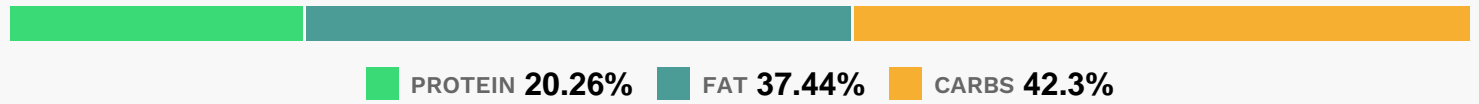
Equipment

slow cooker

Directions

- Mix water, ketchup, tomato paste, brown sugar, vinegar, mustard, and salt in a slow cooker, stirring to dissolve brown sugar and salt.
- Place short ribs into the sauce and stir to coat. Set cooker on Low, cover, and cook for 8 hours.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:19.825652101766%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 561.33kcal (28.07%), Fat: 23.77g (36.56%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 59.11g (21.49%), Sugar: 54.78g (60.87%), Cholesterol: 98.59mg (32.86%), Sodium: 2566.39mg (111.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.87%), Selenium: 47.75µg (68.21%), Vitamin B3: 11.15mg (55.73%), Vitamin B1: 0.71mg (47.04%), Vitamin B6: 0.78mg (39.18%), Vitamin B2: 0.56mg (33.09%), Zinc: 3.92mg (26.13%), Phosphorus: 260.27mg (26.03%), Potassium: 713.22mg (20.38%), Copper: 0.3mg (14.83%), Vitamin B5: 1.39mg (13.92%), Vitamin B12: 0.8µg (13.34%), Iron: 2.29mg (12.7%), Magnesium: 47.43mg (11.86%), Vitamin E: 1.78mg (11.84%), Manganese: 0.23mg (11.42%), Calcium: 111.48mg (11.15%), Vitamin D: 1.57µg (10.48%), Vitamin A: 435.99IU (8.72%), Vitamin C: 6.4mg (7.76%), Fiber: 1.31g (5.24%), Vitamin K: 4.17µg (3.97%), Folate: 11.87µg (2.97%)