



Slow-Cooker Caribbean Spiced Ribs

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

READY IN



10 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb baby back ribs
- 2 tablespoons dehydrated onion dried minced
- 1 teaspoon ground mustard
- 1 teaspoon pepper red crushed
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon garlic powder
- 1 medium onion sliced

- 0.5 cup water
- 1.5 cups barbecue sauce

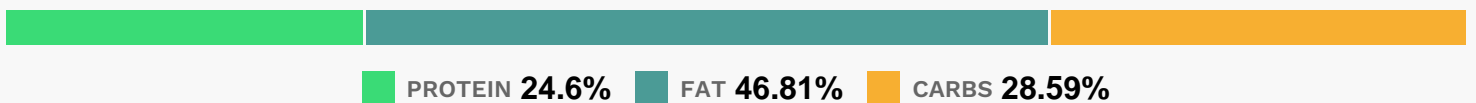
Equipment

- bowl
- slow cooker

Directions

- Spray inside of 5- to 6-quart slow cooker with cooking spray.
- Remove inner skin from ribs if desired. In small bowl, mix dried minced onion, mustard, red pepper, allspice, cinnamon and garlic powder. Rub mixture into ribs.
- Cut ribs into 4-inch pieces.
- Layer ribs and sliced onion in slow cooker.
- Pour water over ribs.
- Cover; cook on Low heat setting 8 to 9 hours.
- Remove ribs from cooker; drain and discard liquid from cooker.
- Pour barbecue sauce into shallow bowl; dip ribs into sauce. Return ribs to cooker.
- Pour any remaining sauce over ribs.
- Cover; cook on Low heat setting 1 hour longer.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:17.64217376709%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 460.5kcal (23.02%), Fat: 24g (36.92%), Saturated Fat: 8.32g (52.03%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 31.56g (11.47%), Sugar: 25.2g (27.99%), Cholesterol: 98.59mg (32.86%), Sodium: 868.63mg (37.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.75%), Selenium: 45.8µg (65.43%), Vitamin B3: 10.21mg (51.05%), Vitamin B1: 0.69mg (46.07%), Vitamin B6: 0.72mg (35.92%), Vitamin B2: 0.49mg (28.65%), Zinc: 3.86mg (25.75%), Phosphorus: 249.79mg (24.98%), Potassium: 587mg (16.77%), Vitamin B5: 1.34mg (13.4%), Vitamin B12: 0.8µg (13.34%), Vitamin D: 1.57µg (10.48%), Copper: 0.21mg (10.35%), Manganese: 0.2mg (9.93%), Iron: 1.74mg (9.64%), Magnesium: 37.97mg (9.49%), Calcium: 81.94mg (8.19%), Vitamin E: 1.07mg (7.14%), Vitamin A: 292.59IU (5.85%), Fiber: 1.41g (5.65%), Vitamin C: 3.14mg (3.8%), Folate: 8.5µg (2.13%), Vitamin K: 1.85µg (1.76%)