



Slow-Cooker Country Style Pork Ribs

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

READY IN



550 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb pork loin country-style
- 0.3 cup t brown sugar dark packed
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon pepper black
- 2 cups catsup
- 0.5 cup apple cider vinegar
- 3 tablespoons spicy brown mustard

- 3 tablespoons worcestershire sauce
- 1 tablespoon liquid smoke

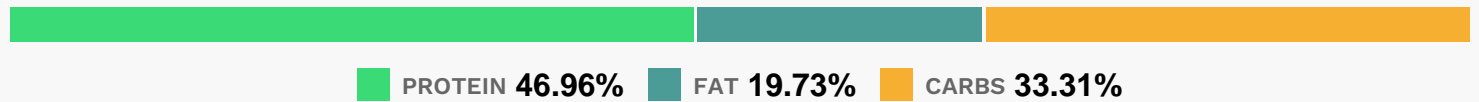
Equipment

- bowl
- slow cooker

Directions

- Spray 4- to 5-quart slow cooker with cooking spray.
- Place ribs in slow cooker. In medium bowl, mix all remaining ingredients.
- Pour over ribs.
- Cover; cook on Low heat setting 9 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:27.673913447753%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 446.51kcal (22.33%), Fat: 9.74g (14.99%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 35.89g (13.05%), Sugar: 30.03g (33.37%), Cholesterol: 142.88mg (47.63%), Sodium: 1449.21mg (63.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.16g (104.32%), Selenium: 66.43µg (94.9%), Vitamin B6: 1.88mg (93.89%), Vitamin B3: 14.45mg (72.23%), Vitamin B1: 1.04mg (69.16%), Phosphorus: 550.9mg (55.09%), Potassium: 1213.57mg (34.67%), Vitamin B2: 0.59mg (34.47%), Zinc: 4.36mg (29.04%), Magnesium: 78.73mg (19.68%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.78mg (17.82%), Vitamin A: 819.6IU (16.39%), Iron: 2.47mg (13.71%), Vitamin E: 2.01mg (13.39%), Manganese: 0.25mg (12.5%), Copper: 0.25mg (12.37%), Vitamin D: 0.91µg (6.05%), Calcium: 54.82mg (5.48%), Vitamin C: 4.42mg (5.36%), Fiber: 1.11g (4.44%), Vitamin K: 4.55µg (4.34%), Folate: 8.96µg (2.24%)