



WHATSheATE



Slow-Cooker Country-Style Ribs and Sauerkraut



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



5

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb pork stew meat boneless country-style
- ☐ 1 medium cooking oil sliced
- ☐ 1 small onion sliced
- ☐ 14 oz sauerkraut rinsed drained canned
- ☐ 3 tablespoons brown sugar packed
- ☐ 1 teaspoon caraway seeds
- ☐ 0.3 cup wine dry white

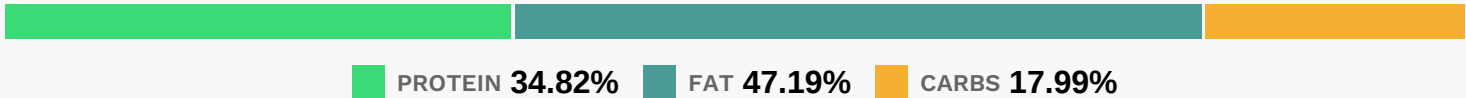
Equipment

☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, place ribs, apple and onion. Top with sauerkraut, brown sugar and caraway seed; mix lightly.
- ☐ Pour wine over top.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:15.851304396339%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg 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: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 283.88kcal (14.19%), Fat: 14.32g (22.04%), Saturated Fat: 2.85g (17.78%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 9.59g (3.49%), Sugar: 9.11g (10.12%), Cholesterol: 87.27mg (29.09%), Sodium: 602.24mg (26.18%), Alcohol: 1.24g (100%), Alcohol %: 0.68% (100%), Protein: 23.78g (47.56%), Selenium: 38.79µg (55.41%), Vitamin B6: 0.77mg (38.3%), Vitamin B1: 0.47mg (31.17%), Phosphorus: 252.27mg (25.23%), Zinc: 3.49mg (23.28%), Vitamin B5: 2mg (20.04%), Vitamin B12: 1.18µg (19.66%), Vitamin B3: 3.8mg (19%), Vitamin B2: 0.32mg (19%), Potassium: 553.91mg (15.83%), Vitamin C: 12.79mg (15.5%), Iron: 2.35mg (13.04%), Fiber: 2.69g (10.77%), Vitamin K: 10.57µg (10.06%), Magnesium: 39.37mg (9.84%), Copper: 0.18mg (9.06%), Manganese: 0.17mg (8.74%), Calcium: 62.79mg (6.28%), Vitamin D: 0.83µg (5.5%), Folate: 21.94µg (5.49%), Vitamin E: 0.43mg (2.87%)