



Slow Cooker Country-Style Spareribs

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

READY IN



630 min.

SERVINGS



8

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 16 ounce tomato sauce canned
- 2 stalks celery chopped
- 1 bell pepper green chopped
- 0.3 cup juice of lemon
- 1 onion chopped
- 4 pounds pork spareribs
- 8 servings salt and pepper to taste

- 2 tablespoons citrus champagne vinegar
- 2 tablespoons worcestershire sauce

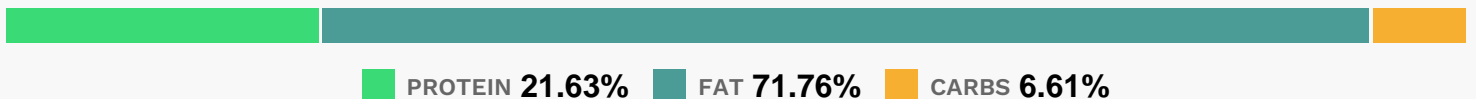
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Season ribs with salt and pepper to taste. In a large skillet, over medium-high heat, brown ribs on all sides.
- Place half of the onion, green pepper, and celery in the bottom of a slow cooker.
- Place half of the ribs on top the vegetables, then repeat layering with the remaining vegetables and ribs. In a medium bowl, stir together the tomato sauce, brown sugar, vinegar, lemon juice, and Worcestershire sauce.
- Pour mixture over the top of the ribs.
- Cover, and cook on High for 1 hour. Reduce to Low, and cook for another 8 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.34, Inflammation Score:-5, Nutrition Score:24.587391241737%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg 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: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 674.47kcal (33.72%), Fat: 53.31g (82.02%), Saturated Fat: 17.12g (107%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 9.53g (3.47%), Sugar: 8.07g (8.97%), Cholesterol: 181.44mg (60.48%), Sodium: 712.13mg (30.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.15g (72.3%), Selenium: 50.43µg (72.04%), Vitamin B6: 1.42mg (71%), Vitamin B3: 11.3mg (56.48%), Vitamin B1: 0.76mg (50.59%), Zinc: 5.87mg (39.1%), Vitamin B2: 0.63mg (36.84%), Phosphorus: 348.09mg (34.81%), Vitamin D: 5.22µg (34.78%), Vitamin C: 20.78mg (25.19%), Potassium: 838.69mg (23.96%), Vitamin B5: 1.66mg (16.65%), Iron: 2.99mg (16.61%), Vitamin B12: 0.86µg (14.36%), Copper: 0.28mg (13.88%), Magnesium: 50.32mg (12.58%), Vitamin E: 1.76mg (11.7%), Vitamin A: 349.53IU (6.99%), Manganese: 0.14mg (6.78%), Fiber: 1.52g (6.08%), Calcium: 59.69mg (5.97%), Vitamin K: 5.72µg (5.44%), Folate: 14.71µg (3.68%)