



Slow-Cooker Cranberry Ribs



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



14

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons brown sugar packed
- ☐ 3 lb baby back ribs (2 racks)
- ☐ 16 oz roasted cranberry sauce whole canned
- ☐ 12 oz gravy
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons brown sugar packed

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cloves garlic finely chopped

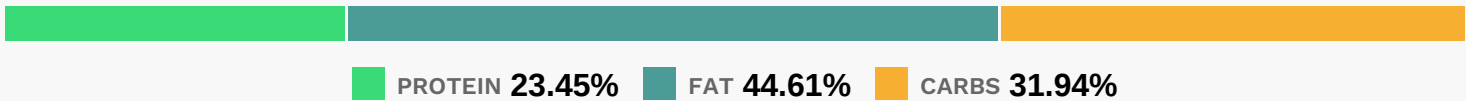
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ slow cooker
- ☐ broiler pan

Directions

- ☐ Set oven control to broil; heat 15 minutes. Line broiler pan with foil.
- ☐ In small bowl, mix cumin, chili powder and 2 teaspoons brown sugar. Rub evenly over racks of ribs.
- ☐ Place ribs on rack in broiler pan. Broil with tops 4 to 6 inches from heat 10 to 15 minutes, turning once, until browned. Cool slightly.
- ☐ Cut into individual ribs.
- ☐ Place ribs in 3 1/2- to 4-quart slow cooker. Reserve half of the cranberry sauce. In medium bowl, mix remaining cranberry sauce and remaining ingredients; pour over ribs.
- ☐ Cover; cook on High heat setting 2 hours 30 minutes to 3 hours or until ribs are tender.
- ☐ Stir in reserved cranberry sauce; stir from bottom of cooker to coat ribs with sauce. Set cooker to Low heat setting to serve. Ribs will hold on Low heat setting up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:7.025652035099%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 210.74kcal (10.54%), Fat: 10.58g (16.27%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.51g (6%), Sugar: 12.98g (14.42%), Cholesterol: 44.2mg (14.73%), Sodium: 339.45mg (14.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Selenium: 19.11µg (27.3%), Vitamin B3: 4.24mg (21.21%), Vitamin B1: 0.29mg (19.22%), Vitamin B6: 0.28mg (13.9%), Vitamin B2: 0.2mg (11.67%), Zinc: 1.6mg (10.67%), Phosphorus: 99.01mg (9.9%), Vitamin B12: 0.34µg (5.72%), Potassium: 178.75mg (5.11%), Vitamin B5: 0.51mg (5.1%), Iron: 0.88mg (4.88%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.59mg (3.96%), Copper: 0.07mg (3.64%), Magnesium: 12.45mg (3.11%), Vitamin A: 136.64IU (2.73%), Manganese: 0.05mg (2.72%), Calcium: 26.72mg (2.67%), Fiber: 0.52g (2.08%)