



Slow-Cooker German Red Cabbage and Pork Ribs

 Gluten Free  Dairy Free

READY IN



330 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon chopped
- 2 lb pork stew meat boneless country-style
- 1.5 teaspoons salt
- 0.5 teaspoon pepper
- 6 cups cabbage red thinly sliced ()
- 3 cups apples i use 2 granny smith apples peeled thinly sliced
- 0.5 cup onion finely chopped

- 0.5 cup apple cider vinegar
- 0.3 cup apple juice
- 2 tablespoons sugar

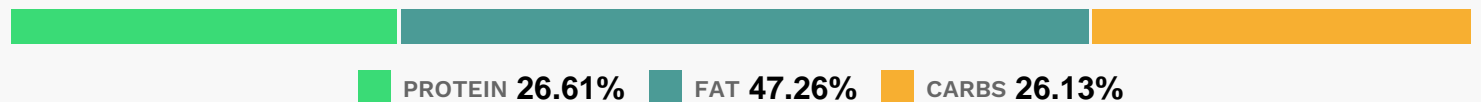
Equipment

- bowl
- frying pan
- slotted spoon
- slow cooker

Directions

- In 12-inch skillet, cook bacon over medium-high heat, stirring occasionally, until crisp.
- Remove bacon from skillet to large bowl; reserve drippings in skillet.
- Sprinkle both sides of ribs with salt and pepper; cook in drippings until browned. Meanwhile, stir cabbage, apples and onion into bacon in bowl.
- Spray 4- to 5-quart slow cooker with cooking spray.
- Place ribs in cooker, reserving drippings in skillet. Spoon cabbage mixture over ribs.
- Stir vinegar, apple juice and sugar into drippings in skillet; heat to boiling.
- Pour over ribs and cabbage mixture.
- Cover; cook on Low heat setting 5 to 6 hours. To serve, use slotted spoon to remove cabbage mixture and ribs from cooker.

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:7.41, Inflammation Score:-8, Nutrition Score:20.248695497927%

Flavonoids

Cyanidin: 187.73mg, Cyanidin: 187.73mg, Cyanidin: 187.73mg, Cyanidin: 187.73mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg

0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 337.08kcal (16.85%), Fat: 17.73g (27.28%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 18.4g (6.69%), Sugar: 15.54g (17.27%), Cholesterol: 82.41mg (27.47%), Sodium: 767.05mg (33.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.93%), Vitamin C: 54.68mg (66.28%), Selenium: 35.36µg (50.51%), Vitamin B6: 0.8mg (39.94%), Vitamin K: 35.7µg (34%), Vitamin B1: 0.49mg (32.34%), Phosphorus: 250.82mg (25.08%), Zinc: 3.16mg (21.08%), Vitamin A: 1041.56IU (20.83%), Vitamin B3: 4.07mg (20.36%), Vitamin B2: 0.34mg (20.27%), Potassium: 671.57mg (19.19%), Vitamin B5: 1.86mg (18.55%), Vitamin B12: 1.06µg (17.6%), Manganese: 0.35mg (17.4%), Fiber: 3.66g (14.63%), Magnesium: 42.91mg (10.73%), Iron: 1.79mg (9.92%), Calcium: 72.58mg (7.26%), Copper: 0.13mg (6.29%), Folate: 20.46µg (5.11%), Vitamin D: 0.75µg (4.98%), Vitamin E: 0.5mg (3.37%)