



Slow-Cooker Grilled Spicy Chili-Glazed Riblets

 Gluten Free  Dairy Free

READY IN



445 min.

SERVINGS



30

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb baby back ribs (ask butcher to cut ribs in half horizontally)
- 1 tablespoon highest available proof grain spirit
- 0.3 cup maple syrup
- 0.3 cup dijon mustard
- 3 tablespoons chili paste depending on your taste pref hot
- 3 tablespoons blackstrap molasses
- 1 tablespoon apple cider vinegar

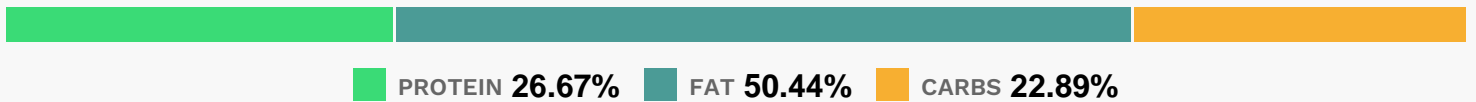
Equipment

- bowl
- grill
- wok
- slotted spoon
- slow cooker

Directions

- Spray inside of 3- to 4-quart slow cooker with cooking spray.
- Cut ribs between bones into individual pieces.
- Place riblets in slow cooker.
- Sprinkle garlic-pepper blend over top; stir to coat evenly.
- Cover; cook on Low heat setting 7 to 8 hours.
- In large bowl, mix remaining ingredients. Using slotted spoon, remove riblets from slow cooker and add to maple syrup mixture. Toss riblets to coat.
- Heat gas or charcoal grill. Spray grill basket (grill "wok") with cooking spray.
- Place riblets in basket; place basket on grill over medium heat. Cover grill; cook 10 to 12 minutes, stirring ribs or shaking basket after 5 minutes, until ribs are well glazed.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:3.7921739439278%

Nutrients (% of daily need)

Calories: 84.27kcal (4.21%), Fat: 4.75g (7.31%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.72g (1.72%), Sugar: 3.83g (4.25%), Cholesterol: 19.72mg (6.57%), Sodium: 49.13mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Selenium: 9.87µg (14.09%), Vitamin B3: 2.03mg (10.14%), Vitamin B1: 0.14mg (9.31%), Vitamin B2: 0.14mg (8.02%), Vitamin B6: 0.14mg (7%), Manganese: 0.13mg (6.58%), Zinc: 0.8mg (5.35%), Phosphorus: 49.87mg (4.99%), Potassium: 119.34mg (3.41%), Magnesium: 12.25mg (3.06%), Vitamin B12: 0.16µg (2.67%), Vitamin B5: 0.26mg (2.61%), Vitamin D: 0.31µg (2.1%), Copper: 0.04mg (2.1%), Iron: 0.37mg (2.07%), Calcium: 18.62mg (1.86%)