



Slow-Cooker Grilled Spicy Chili-Glazed Riblets

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

READY IN



445 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

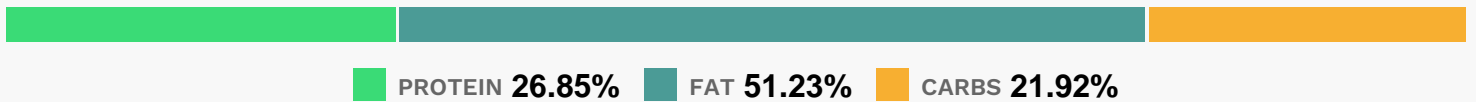
Equipment

- 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:6.08, Glycemic Load:1.57, Inflammation Score:-1, Nutrition Score:3.7460869409792%

Nutrients (% of daily need)

Calories: 82.9kcal (4.15%), Fat: 4.74g (7.3%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.82g (4.24%), Cholesterol: 19.72mg (6.57%), Sodium: 49.14mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Selenium: 9.89µg (14.13%), Vitamin B3: 2mg (9.98%), Vitamin B1: 0.14mg (9.31%), Vitamin B2: 0.14mg (7.97%), Vitamin B6: 0.14mg (7.06%), Manganese: 0.13mg (6.48%), Zinc: 0.78mg (5.17%), Phosphorus: 48.15mg (4.81%), Potassium: 118.3mg (3.38%), Magnesium: 11.44mg (2.86%), Vitamin B12: 0.16µg (2.67%), Vitamin B5: 0.26mg (2.58%), Vitamin D: 0.31µg (2.1%), Iron: 0.37mg (2.04%), Copper: 0.04mg (2.01%), Calcium: 19mg (1.9%)