

 8%
HEALTH SCORE

Slow Cooker Maple Country Style Ribs

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

READY IN



430 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dehydrated onion dried minced
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 1 dash pepper black
- 1 tablespoon maple syrup
- 1.5 pounds pork ribs country style

1 tablespoon soya sauce

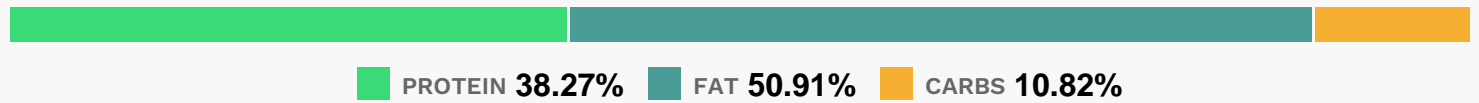
Equipment

slow cooker

Directions

Combine ribs, maple syrup, soy sauce, minced onion, cinnamon, ginger, allspice, garlic powder and pepper in a slow cooker. Cover and cook on Low for 7 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:1.29, Inflammation Score:-1, Nutrition Score:12.767391339592%

Nutrients (% of daily need)

Calories: 236.25kcal (11.81%), Fat: 13.11g (20.16%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.02g (4.47%), Cholesterol: 81.82mg (27.27%), Sodium: 322.37mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Selenium: 36.04µg (51.49%), Vitamin B6: 0.65mg (32.62%), Vitamin B1: 0.43mg (29%), Phosphorus: 228.84mg (22.88%), Zinc: 3.19mg (21.3%), Vitamin B2: 0.35mg (20.79%), Vitamin B12: 1.11µg (18.43%), Vitamin B5: 1.83mg (18.35%), Vitamin B3: 3.63mg (18.17%), Manganese: 0.26mg (12.92%), Potassium: 421.23mg (12.04%), Magnesium: 29.21mg (7.3%), Iron: 1.16mg (6.44%), Copper: 0.11mg (5.34%), Vitamin D: 0.77µg (5.16%), Calcium: 39.73mg (3.97%), Vitamin C: 1.93mg (2.34%), Vitamin E: 0.26mg (1.76%), Fiber: 0.42g (1.67%), Folate: 5.21µg (1.3%)