



Slow-Cooker Orange-Glazed Country Ribs



Gluten Free



Dairy Free

READY IN



550 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 slices onion separated
- ☐ 0.5 cup orange marmalade
- ☐ 2 lb pork loin boneless country-style (6 ribs)
- ☐ 3 tablespoons soya sauce

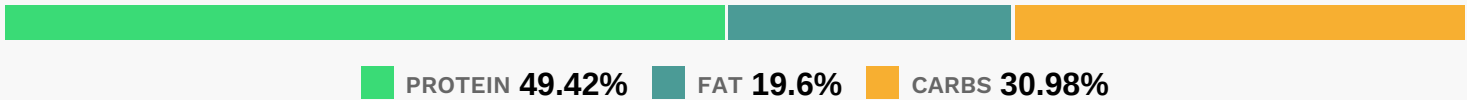
Equipment

- ☐ microwave
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Spray 3 to 4-quart slow cooker with nonstick cooking spray.
- ☐ Place pork ribs, onion and garlic in sprayed slow cooker.
- ☐ Cover; cook on Low setting for 8 to 9 hours.
- ☐ About 5 minutes before serving, remove ribs from slow cooker; place on serving platter and cover to keep warm. In 2-cup microwave-safe measuring cup, combine all sauce ingredients; mix well. Stir in 3/4 cup juices from slow cooker; discard remaining juices. Microwave sauce on High for 2 to 2 1/2 minutes or until mixture boils and thickens, stirring once halfway through cooking.
- ☐ Pour sauce over ribs.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:16.770434597264%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 286.77kcal (14.34%), Fat: 6.19g (9.52%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 21.39g (7.78%), Sugar: 16.67g (18.53%), Cholesterol: 95.25mg (31.75%), Sodium: 592.8mg (25.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.19%), Selenium: 42.29µg (60.42%), Vitamin B6: 1.21mg (60.3%), Vitamin B1: 0.69mg (45.8%), Vitamin B3: 9.13mg (45.67%), Phosphorus: 358.31mg (35.83%), Zinc: 2.81mg

(18.71%), Vitamin B2: 0.31mg (18.16%), Potassium: 629.89mg (18%), Vitamin C: 11.82mg (14.33%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.19mg (11.88%), Magnesium: 45.86mg (11.46%), Copper: 0.14mg (6.97%), Iron: 1.15mg (6.39%), Manganese: 0.09mg (4.72%), Vitamin D: 0.6µg (4.03%), Fiber: 0.61g (2.43%), Calcium: 22.95mg (2.3%), Vitamin E: 0.26mg (1.75%), Folate: 6.29µg (1.57%), Vitamin A: 62.6IU (1.25%)