



## Slow-Cooker Orange Molasses BBQ Ribs



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



8

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 lb baby back ribs cut into 3-rib sections
- ☐ 1 cup barbecue sauce
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 cup orange juice concentrate frozen thawed ()
- ☐ 2 teaspoons hot sauce red
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.3 teaspoon salt

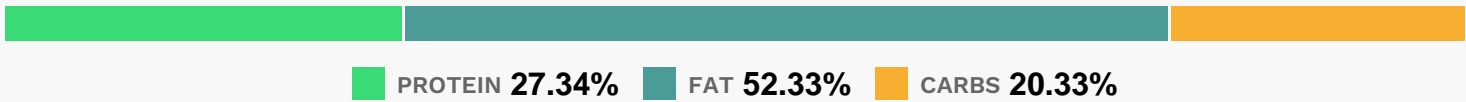
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ slow cooker
- ☐ broiler pan

## Directions

- ☐ Spray 5- to 6-quart oval slow cooker with cooking spray. Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Place ribs on rack. Broil with tops 5 1/2 inches from heat 10 minutes.
- ☐ Meanwhile, in medium bowl, mix remaining ingredients. Arrange ribs in slow cooker; cover with sauce.
- ☐ Cover; cook on Low heat setting 8 hours.
- ☐ Remove ribs from slow cooker to serving platter; cover to keep warm. Skim fat from cooking liquid in slow cooker.
- ☐ Pour liquid into 2-quart saucepan. Cook over medium-high heat 10 minutes, stirring occasionally, until reduced to 1 1/2 cups.
- ☐ Serve sauce with ribs.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:3.5, Inflammation Score:-4, Nutrition Score:21.6073915777%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 505.9kcal (25.3%), Fat: 29.43g (45.28%), Saturated Fat: 10.35g (64.7%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 25.3g (9.2%), Sugar: 22.39g (24.88%), Cholesterol: 123.24mg (41.08%), Sodium: 627.29mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.19%), Selenium: 57.26µg (81.8%), Vitamin

B3: 12.52mg (62.58%), Vitamin B1: 0.85mg (56.95%), Vitamin B6: 0.88mg (44.02%), Vitamin B2: 0.58mg (34.22%),  
Zinc: 4.65mg (30.98%), Phosphorus: 291.56mg (29.16%), Potassium: 736.63mg (21.05%), Vitamin C: 13.95mg  
(16.91%), Vitamin B12: 1µg (16.67%), Vitamin B5: 1.66mg (16.57%), Magnesium: 61.96mg (15.49%), Vitamin D: 1.96µg  
(13.1%), Copper: 0.25mg (12.31%), Iron: 2.12mg (11.8%), Manganese: 0.23mg (11.58%), Calcium: 92.93mg (9.29%),  
Vitamin E: 0.77mg (5.13%), Vitamin A: 154.66IU (3.09%), Folate: 7.62µg (1.9%), Fiber: 0.42g (1.69%)