



## Slow-Cooker Plum-Glazed Ribslets

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

READY IN



**200 min.**

SERVINGS



**20**

CALORIES



**31 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon vegetable oil
- 0.5 lb pork stew meat boneless lean country-style
- 0.3 cup beef broth flavored (from 32-oz carton)
- 2 tablespoons rice vinegar
- 4 cloves garlic finely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon five-spice powder
- 0.3 teaspoon pepper

- 1 tablespoon cornstarch
- 1 tablespoon water
- 12 oz plums

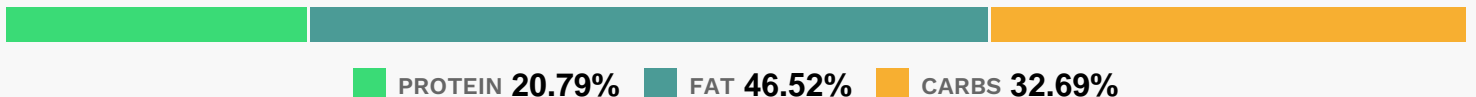
## Equipment

- bowl
- frying pan
- skewers
- slow cooker

## Directions

- In 10-inch skillet, heat oil over medium heat. Cook riblets in oil 5 to 6 minutes, stirring occasionally, until lightly browned.
- Place riblets in 2- to 3-quart slow cooker. In small bowl, mix broth, vinegar, garlic, salt, five-spice powder and pepper.
- Pour over riblets.
- Cover and cook on Low heat setting 3 to 4 hours.
- In small bowl, mix cornstarch and water; stir in jam.
- Drain riblets; return to cooker. Stir in jam mixture. Increase heat setting to High. Cover and cook 25 to 30 minutes or until sauce is hot and slightly thickened and riblets are well coated with sauce.
- Serve with skewers.

## Nutrition Facts



## Properties

Glycemic Index:7.53, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.3539130370254%

## Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 30.93kcal (1.55%), Fat: 1.61g (2.48%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.69g (1.88%), Cholesterol: 5.45mg (1.82%), Sodium: 74.15mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Selenium: 2.51µg (3.58%), Vitamin B6: 0.05mg (2.62%), Vitamin K: 2.39µg (2.28%), Vitamin B1: 0.03mg (2.25%), Vitamin C: 1.8mg (2.19%), Phosphorus: 18.41mg (1.84%), Vitamin B3: 0.33mg (1.63%), Potassium: 54.56mg (1.56%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.15mg (1.46%), Vitamin B2: 0.02mg (1.44%), Vitamin B12: 0.08µg (1.26%), Manganese: 0.02mg (1.22%), Vitamin A: 59.46IU (1.19%), Fiber: 0.26g (1.04%)