



## Slow-Cooker Plum-Glazed Riblets

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 1 tablespoon water

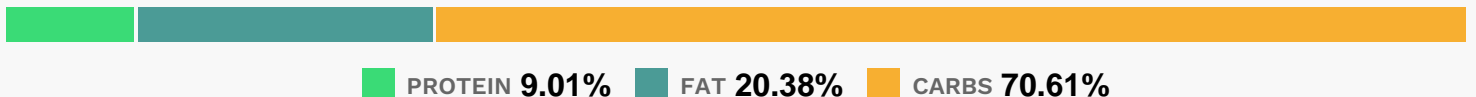
## Equipment

- 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:8.6, Glycemic Load:6.4, Inflammation Score:-1, Nutrition Score:1.2869565145153%

## 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: 70.38kcal (3.52%), Fat: 1.58g (2.43%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 12.11g (4.4%), Sugar: 8.26g (9.17%), Cholesterol: 5.45mg (1.82%), Sodium: 79.6mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Selenium: 2.85µg (4.07%), Vitamin B6: 0.05mg (2.56%), Vitamin B1: 0.03mg (2.12%), Vitamin C: 1.69mg (2.05%), Vitamin B2: 0.03mg (1.94%), Phosphorus: 19.14mg (1.91%), Zinc: 0.23mg (1.5%), Vitamin B3: 0.26mg (1.31%), Copper: 0.03mg (1.29%), Vitamin B5: 0.13mg (1.27%), Vitamin B12: 0.08µg (1.26%), Vitamin K: 1.3µg (1.24%), Potassium: 41.67mg (1.19%), Manganese: 0.02mg (1.18%), Iron: 0.19mg (1.03%)