



Slow-Cooker Polynesian Pork Ribs

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

READY IN



520 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb pork loin boneless country-style
- 1 clove garlic finely chopped
- 1 small onion sliced
- 8 oz pineapple rings crushed undrained canned
- 0.8 cup catsup
- 3 tablespoons brown sugar packed
- 3 tablespoons hoisin sauce
- 1 teaspoon ginger grated

1 serving rice hot cooked

1 serving frangelico

Equipment

bowl

slow cooker

Directions

Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.

Place pork ribs, garlic and onion in slow cooker. Spoon about half of the pineapple with some of the juice over ribs. Reserve remaining pineapple and juice.

Cover; cook on Low heat setting 8 to 10 hours.

About 35 minutes before serving, drain and discard cooking juices from slow cooker; wipe edge of slow cooker clean. In small bowl, mix ketchup, brown sugar, hoisin sauce, gingerroot and remaining pineapple with juice. Spoon or pour evenly over ribs. Increase heat setting to High. Cover; cook 25 to 30 minutes longer or until ribs are glazed.

Serve with rice.

Nutrition Facts



PROTEIN 44.84% **FAT 18.76%** **CARBS 36.4%**

Properties

Glycemic Index:30.17, Glycemic Load:4.28, Inflammation Score:-4, Nutrition Score:17.850869738537%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 315.76kcal (15.79%), Fat: 6.53g (10.05%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 27.47g (9.99%), Sugar: 20.3g (22.55%), Cholesterol: 95.49mg (31.83%), Sodium: 478.57mg

(20.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.3%), Vitamin B6: 1.26mg (62.88%), Selenium: 43.58µg (62.25%), Vitamin B1: 0.72mg (48.07%), Vitamin B3: 9.4mg (46.98%), Phosphorus: 363.84mg (36.38%), Vitamin B2: 0.36mg (21.37%), Potassium: 739.18mg (21.12%), Zinc: 2.93mg (19.53%), Magnesium: 54.36mg (13.59%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.22mg (12.23%), Copper: 0.18mg (9.13%), Manganese: 0.15mg (7.54%), Vitamin C: 5.85mg (7.09%), Iron: 1.21mg (6.73%), Vitamin E: 0.67mg (4.49%), Fiber: 1.07g (4.29%), Vitamin D: 0.6µg (4.03%), Vitamin A: 173.56IU (3.47%), Calcium: 30.61mg (3.06%), Folate: 9.15µg (2.29%), Vitamin K: 1.26µg (1.2%)