



Slow-Cooker Polynesian Pork Ribs



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 6 servings rice hot cooked
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon ginger grated
- ☐ 3 tablespoons hoisin sauce
- ☐ 0.8 cup catsup
- ☐ 1 small onion sliced
- ☐ 8 oz pineapple rings crushed undrained canned

- ☐ 2 lb pork loin boneless country-style
- ☐ 6 servings frangelico
- ☐ 6 servings frangelico

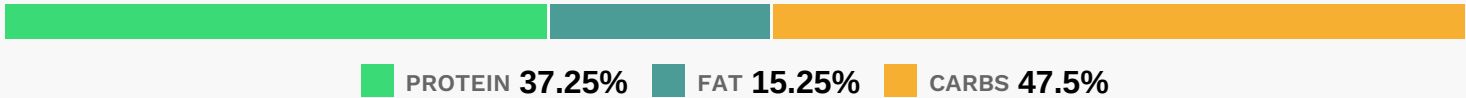
Equipment

- ☐ 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



Properties

Glycemic Index:30.17, Glycemic Load:24.21, Inflammation Score:-4, Nutrition Score:19.761304254117%

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: 401.34kcal (20.07%), Fat: 6.72g (10.34%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 45.75g (16.64%), Sugar: 20.33g (22.59%), Cholesterol: 95.49mg (31.83%), Sodium: 479.23mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.92g (73.84%), Selenium: 48.52µg (69.31%), Vitamin B6: 1.32mg (65.95%), Vitamin B1: 0.73mg (48.95%), Vitamin B3: 9.66mg (48.29%), Phosphorus: 392.15mg (39.22%), Manganese: 0.46mg (23.07%), Vitamin B2: 0.37mg (21.88%), Potassium: 762.22mg (21.78%), Zinc: 3.25mg (21.68%), Magnesium: 62.26mg (15.56%), Vitamin B5: 1.48mg (14.8%), Vitamin B12: 0.77µg (12.85%), Copper: 0.23mg (11.4%), Iron: 1.34mg (7.47%), Vitamin C: 5.85mg (7.09%), Fiber: 1.34g (5.35%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.6µg (4.03%), Calcium: 37.19mg (3.72%), Vitamin A: 173.56IU (3.47%), Folate: 11.13µg (2.78%), Vitamin K: 1.26µg (1.2%)