

# Slow Cooker Ribs

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup barbecue sauce
- 1 pinch chili powder to taste
- 1 pinch garlic salt to taste
- 1 pinch pepper black to taste
- 0.3 cup orange juice
- 2 dashes hot sauce hot to taste
- 4 pound pork ribs boneless country-style
- 0.3 cup soya sauce

- 1 pinch steak seasoning to taste
- 0.3 cup teriyaki sauce
- 0.3 cup worcestershire sauce

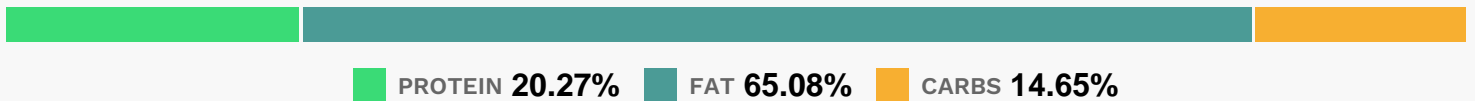
## Equipment

- bowl
- slow cooker

## Directions

- Mix the steak seasoning, garlic salt, black pepper, and chili powder in a small bowl. Rub the ribs all over with the seasoning mix, and place into the bottom of a slow cooker.
- Pour in barbecue sauce, Worcestershire sauce, soy sauce, teriyaki sauce, orange juice, and hot pepper sauce. Liquid should not cover the ribs all the way.
- Set the cooker to Low, and cook until ribs are tender, about 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:22.105217674504%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 698.89kcal (34.94%), Fat: 49.88g (76.74%), Saturated Fat: 15.97g (99.8%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.69g (8.98%), Sugar: 19.7g (21.89%), Cholesterol: 169.34mg (56.45%), Sodium: 1818.73mg (79.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.91%), Selenium: 47.48µg (67.83%), Vitamin B6: 1.29mg (64.44%), Vitamin B3: 10.82mg (54.08%), Vitamin B1: 0.71mg (47.56%), Zinc: 5.46mg (36.4%), Vitamin B2: 0.6mg (35.27%), Phosphorus: 348.04mg (34.8%), Vitamin D: 4.87µg (32.46%), Potassium: 784.41mg (22.41%), Iron: 3.36mg (18.65%), Vitamin B5: 1.48mg (14.82%), Magnesium: 54.31mg (13.58%), Vitamin B12: 0.8µg (13.41%), Copper: 0.26mg (12.9%), Vitamin C: 6.99mg (8.47%), Vitamin E: 1.19mg (7.91%), Manganese: 0.14mg

(7.24%), Calcium: 67.61mg (6.76%), Vitamin A: 145.97IU (2.92%), Fiber: 0.57g (2.27%), Vitamin K: 2.37µg (2.26%),  
Folate: 7.91µg (1.98%)