

## Slow cooker ribs



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



570 min.

SERVINGS



4

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 kg meaty pork ribs
- ☐ 1 bottle barbecue sauce (350g approx)
- ☐ 2 pork stock cubes
- ☐ 2 bay leaves
- ☐ 1 tsp coriander seed
- ☐ 1 tsp mustard seed
- ☐ 1 tsp peppercorn

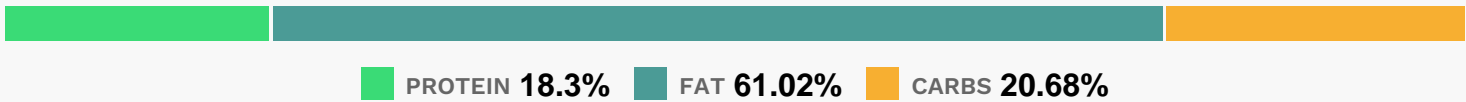
## Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ slow cooker
- ☐ tongs

## Directions

- ☐ Put 4 tbsp of barbecue sauce along with the rest of the ingredients into your slow cooker. Top up with enough water to cover (roughly 1.5l). Slow cook on Low for 8 - 9 hours until very tender but not completely falling off the bone.
- ☐ Heat the oven to 220C/ 200C fan/ gas mark
- ☐ Remove the ribs from the slow cooker using a slotted spoon or tongs. Handle them carefully as the meat will be very tender and may start to fall off. Baste with the remaining barbecue sauce and lay on a foil-lined oven tray. Cook for 20 30 mins until starting to crisp on outside. Alternatively, cook on the barbecue, turning from time to time until piping hot throughout.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:27.311303822891%

## Nutrients (% of daily need)

Calories: 932.11kcal (46.61%), Fat: 62.52g (96.18%), Saturated Fat: 19.89g (124.28%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 46.1g (16.76%), Sugar: 37.93g (42.14%), Cholesterol: 210.08mg (70.03%), Sodium: 1859.55mg (80.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.19g (84.38%), Selenium: 60.99µg (87.13%), Vitamin B6: 1.6mg (80.09%), Vitamin B3: 13.03mg (65.13%), Vitamin B1: 0.87mg (58.25%), Zinc: 6.83mg (45.5%), Vitamin B2: 0.73mg (43.05%), Phosphorus: 405.05mg (40.51%), Vitamin D: 6.04µg (40.25%), Potassium: 930.33mg (26.58%), Iron: 3.41mg (18.92%), Vitamin B5: 1.85mg (18.52%), Manganese: 0.34mg (17.09%), Vitamin B12: 1.02µg (16.96%), Magnesium: 63mg (15.75%), Copper: 0.31mg (15.7%), Vitamin E: 1.91mg (12.76%), Calcium: 87.76mg (8.78%), Fiber: 1.56g (6.24%), Vitamin A: 262.96IU (5.26%), Vitamin K: 3.87µg (3.68%), Vitamin C: 0.83mg (1.01%)