



WHATSheATE



Slow-Cooker Santa Fe Country Ribs



Gluten Free



Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chili sauce
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 lb pork ribs boneless country-style
- ☐ 0.8 cup salsa thick
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste (from 6-oz can)

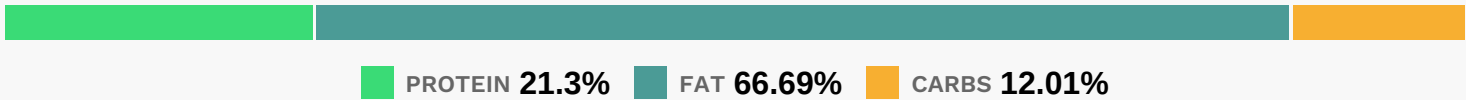
Equipment

- ☐ bowl
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Place pork ribs in slow cooker; sprinkle with salt. In small bowl, mix salsa, chili sauce, cumin and ground red pepper; spoon over ribs.
- ☐ Cover; cook on Low setting 8 to 9 hours.
- ☐ Remove ribs from slow cooker; place on serving platter. Into 2-cup measuring cup or bowl, pour 1 cup cooking juices from slow cooker. Stir in tomato paste; spoon over ribs.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:13.191739196363%

Nutrients (% of daily need)

Calories: 339.88kcal (16.99%), Fat: 25.04g (38.53%), Saturated Fat: 8g (50.02%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.44g (7.16%), Cholesterol: 84.67mg (28.22%), Sodium: 992.71mg (43.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.99%), Vitamin B6: 0.73mg (36.72%), Selenium: 24.26µg (34.66%), Vitamin B3: 6.03mg (30.15%), Vitamin B1: 0.39mg (25.69%), Zinc: 2.82mg (18.78%), Phosphorus: 183.71mg (18.37%), Vitamin B2: 0.31mg (18.23%), Vitamin D: 2.43µg (16.23%), Potassium: 528mg (15.09%), Vitamin E: 1.71mg (11.39%), Vitamin A: 508.29IU (10.17%), Iron: 1.76mg (9.78%), Vitamin C: 7.33mg (8.89%), Copper: 0.17mg (8.65%), Magnesium: 29.5mg (7.37%), Vitamin B5: 0.73mg (7.35%), Fiber: 1.68g (6.72%), Vitamin B12: 0.4µg (6.7%), Manganese: 0.08mg (3.83%), Calcium: 37.07mg (3.71%), Vitamin K: 3.83µg (3.65%), Folate: 5.13µg (1.28%)