



Slow-Cooker Saucy Barbecued Ribs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



430 min.

SERVINGS



6

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 lb pork spareribs
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 cup water
- 1.3 cups barbecue sauce

Equipment

- baking pan
- slow cooker

Directions

- Spray inside of 5- to 6-quart slow cooker with cooking spray.
- Cut ribs into 2- or 3-rib portions.
- Place ribs in cooker.
- Sprinkle with salt and pepper.
- Pour water into cooker.
- Cover and cook on Low heat setting 6 to 7 hours.
- Remove ribs from cooker; place in shallow baking pan.
- Drain and discard liquid from cooker.
- Brush both sides of ribs with barbecue sauce. Return ribs to cooker.
- Pour any remaining sauce over ribs. Cover and cook on Low heat setting about 1 hour or until ribs are glazed and sauce is desired consistency.

Nutrition Facts

 **PROTEIN 19.97%**  **FAT 67.52%**  **CARBS 12.51%**

Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:25.056087007989%

Nutrients (% of daily need)

Calories: 842.45kcal (42.12%), Fat: 62.32g (95.87%), Saturated Fat: 19.95g (124.69%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 25.39g (9.23%), Sugar: 21.1g (23.45%), Cholesterol: 211.68mg (70.56%), Sodium: 1063.74mg (46.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.46g (82.93%), Selenium: 59.04µg (84.35%), Vitamin B6: 1.57mg (78.33%), Vitamin B3: 12.72mg (63.58%), Vitamin B1: 0.86mg (57.25%), Zinc: 6.73mg (44.84%), Vitamin B2: 0.7mg (41.17%), Vitamin D: 6.09µg (40.57%), Phosphorus: 385.92mg (38.59%), Potassium: 788.92mg (22.54%), Vitamin B5: 1.76mg (17.59%), Vitamin B12: 1.01µg (16.76%), Iron: 2.82mg (15.69%), Copper: 0.26mg (13.09%), Magnesium: 50.94mg (12.74%), Vitamin E: 1.49mg (9.92%), Calcium: 61.74mg (6.17%), Manganese: 0.12mg (5.88%), Vitamin A: 142.82IU (2.86%), Fiber: 0.59g (2.37%), Vitamin K: 1.28µg (1.22%)