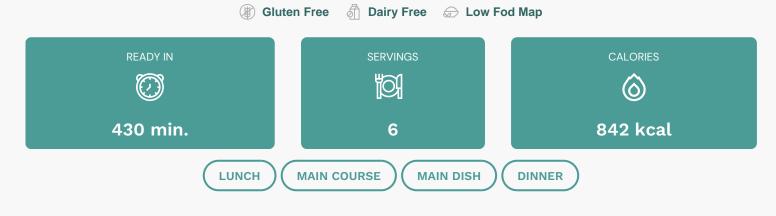


Slow-Cooker Saucy Barbecued Ribs



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

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: Og (100%), Alcohol %: O% (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%)