



Slow-Cooker Smoky Apple Butter Ribs



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon liquid smoke
- ☐ 1 medium onion sliced
- ☐ 0.5 teaspoon pepper
- ☐ 3 lb pork stew meat boneless country-style
- ☐ 0.8 teaspoon salt

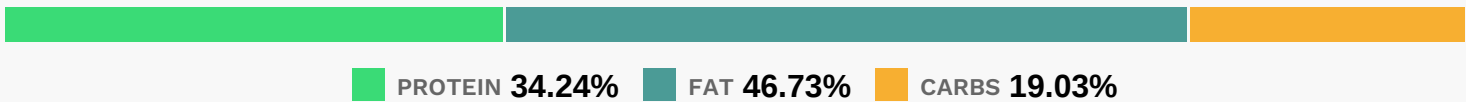
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Sprinkle ribs with salt and pepper. In 3 1/2- to 4-quart slow cooker, place ribs. Cover with onion slices. In small bowl, mix remaining ingredients; pour over ribs and onion.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Remove ribs from cooker; place on serving platter. Cover to keep warm.
- ☐ Pour juices from cooker through strainer into 1-quart saucepan.
- ☐ Heat to boiling over medium-high heat; reduce heat to medium. Cook about 5 minutes or until sauce has slightly thickened.
- ☐ Serve sauce with ribs.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:23.834347849307%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 515.57kcal (25.78%), Fat: 26.29g (40.44%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 23g (8.36%), Sugar: 19.45g (21.61%), Cholesterol: 163.63mg (54.54%), Sodium: 592.03mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.33g (86.67%), Selenium: 72µg

(102.86%), Vitamin B6: 1.26mg (62.99%), Vitamin B1: 0.85mg (56.55%), Phosphorus: 440.5mg (44.05%), Zinc: 6.24mg (41.59%), Vitamin B12: 2.21µg (36.85%), Vitamin B5: 3.63mg (36.29%), Vitamin B3: 6.89mg (34.47%), Vitamin B2: 0.58mg (33.86%), Potassium: 792.82mg (22.65%), Magnesium: 51.95mg (12.99%), Iron: 2.14mg (11.9%), Manganese: 0.23mg (11.64%), Copper: 0.22mg (11.12%), Vitamin D: 1.55µg (10.32%), Calcium: 68.98mg (6.9%), Fiber: 1.09g (4.36%), Vitamin E: 0.54mg (3.57%), Vitamin C: 2.71mg (3.29%), Folate: 5.72µg (1.43%)