



Slow Cooker Spare Ribs

 **Gluten Free**  **Dairy Free**

READY IN



525 min.

SERVINGS



4

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 10.8 ounce condensed tomato soup canned
- 3 cloves garlic minced
- 1 onion chopped
- 2 pounds pork spareribs
- 2 tablespoons soya sauce
- 1 tablespoon worcestershire sauce

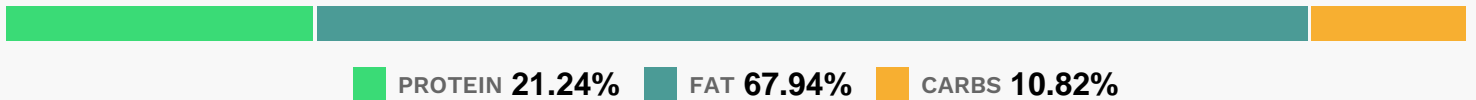
Equipment

- sauce pan
- mixing bowl
- pot
- slow cooker

Directions

- Place ribs in a large stock pot, and cover with water. Bring to a boil, and cook for 15 minutes.
- In a mixing bowl, mix together soup, onion, garlic, brown sugar, Worcestershire sauce, and soy sauce.
- Remove ribs from water, and transfer to a slow cooker.
- Pour sauce over ribs.
- Cover, and cook on Low for 6 to 8 hours, or until ribs are tender.
- If sauce is too thin when cooking time is done, drain sauce from ribs, and pour into a sauce pan.
- Combine 1 teaspoon cornstarch with a small amount of cold water, stir into sauce, and bring sauce to boil. Cook until sauce has reached desired thickness.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:4.77, Inflammation Score:-5, Nutrition Score:24.666086813678%

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 712.94kcal (35.65%), Fat: 53.45g (82.24%), Saturated Fat: 17.18g (107.36%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.74g (6.45%), Sugar: 10.95g (12.16%), Cholesterol: 181.44mg (60.48%), Sodium: 1031.25mg (44.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.59g (75.19%), Selenium: 52.77µg (75.38%), Vitamin B6: 1.45mg (72.37%), Vitamin B3: 11.66mg (58.32%), Vitamin B1: 0.78mg (52.06%), Zinc: 5.93mg (39.52%),

Phosphorus: 369.19mg (36.92%), Vitamin B2: 0.61mg (35.87%), Vitamin D: 5.22µg (34.78%), Potassium: 1083.27mg (30.95%), Iron: 3.07mg (17.06%), Vitamin C: 13.12mg (15.9%), Vitamin B5: 1.5mg (15.03%), Vitamin B12: 0.86µg (14.36%), Magnesium: 54.69mg (13.67%), Copper: 0.26mg (12.95%), Manganese: 0.25mg (12.39%), Vitamin E: 1.11mg (7.39%), Calcium: 63.16mg (6.32%), Vitamin A: 302.77IU (6.06%), Fiber: 1.42g (5.7%), Vitamin K: 2.63µg (2.5%), Folate: 7.28µg (1.82%)