



## Slow-Cooker : Spicy Country Ribs

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup brown sugar
- 0.5 cup cider vinegar
- 4 pounds pork country ribs
- 1 teaspoon ground chipotle chili powder
- 0.5 cup catsup
- 1 tablespoon kosher salt
- 0.5 cup onion finely chopped
- 1 teaspoon oregano dried

1 tablespoon worcestershire sauce

## Equipment

- bowl
- sauce pan
- broiler
- slow cooker
- tongs
- broiler pan

## Directions

- Combine the onion, ketchup, vinegar, brown sugar, salt, Worcestershire, chili powder, and oregano in a 4- to 6-quart slow cooker. Stir in the ribs. Cook on low heat for 6 hours, or on high for 3 1/2 hours. Using tongs, remove the ribs from the cooker and arrange on a broiler pan.
- Heat the broiler.
- Pour the juices from the cooker into a bowl and place in the freezer for 10 minutes to hasten the separation of the fat.
- Remove and discard the fat.
- Pour the defatted juices into a saucepan; boil over high heat until reduced by half, about 15 minutes. Broil the ribs about 6 inches from the heat until browned.
- Serve with the sauce.

## Nutrition Facts



PROTEIN 35.68%  FAT 48.7%  CARBS 15.62%

## Properties

Glycemic Index:18, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:31.102173753407%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

## **Nutrients (% of daily need)**

Calories: 660.07kcal (33%), Fat: 34.99g (53.83%), Saturated Fat: 7.02g (43.88%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.45g (8.89%), Sugar: 21.18g (23.53%), Cholesterol: 218.18mg (72.73%), Sodium: 2271.67mg (98.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.68g (115.36%), Selenium: 95.89µg (136.98%), Vitamin B6: 1.68mg (84.09%), Vitamin B1: 1.12mg (74.88%), Phosphorus: 590.36mg (59.04%), Zinc: 8.35mg (55.63%), Vitamin B12: 2.95µg (49.14%), Vitamin B3: 9.67mg (48.33%), Vitamin B5: 4.81mg (48.1%), Vitamin B2: 0.81mg (47.88%), Potassium: 1141.58mg (32.62%), Iron: 3.32mg (18.45%), Magnesium: 73.24mg (18.31%), Copper: 0.29mg (14.51%), Vitamin D: 2.06µg (13.76%), Manganese: 0.21mg (10.45%), Calcium: 102.73mg (10.27%), Vitamin E: 1.41mg (9.37%), Vitamin A: 338IU (6.76%), Vitamin K: 4.66µg (4.44%), Vitamin C: 3.28mg (3.97%), Fiber: 0.82g (3.27%), Folate: 8.3µg (2.08%)