



Slow-Cooker Thai Style Ribs

 Gluten Free  Dairy Free

READY IN



850 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup creamy peanut butter
- 0.3 cup cilantro leaves fresh finely chopped
- 1 clove garlic finely chopped
- 2 tablespoons ginger finely chopped
- 11.5 oz orange juice concentrate frozen thawed canned
- 3.5 lb baby back ribs cut in half across bones
- 0.8 cup soya sauce
- 2 teaspoons sugar

Equipment

- bowl
- whisk
- ziploc bags
- microwave
- measuring cup
- slow cooker

Directions

- Place ribs in large shallow dish or resealable freezer plastic bag.
- In small bowl, stir remaining ingredients with wire whisk. Reserve 3/4 cup sauce for dipping; cover and refrigerate.
- Pour remaining sauce over ribs. Cover dish or seal bag; refrigerate 8 hours, turning occasionally.
- Spray 5- to 6-quart slow cooker with cooking spray.
- Remove ribs from marinade; discard marinade.
- Place 1 rack of ribs in bottom of slow cooker; stand remaining rib racks on their sides around edge of slow cooker. Cover; cook on High heat setting 1 hour. Reduce heat setting to Low; cook 5 hours longer.
- In 1-cup microwavable measuring cup, microwave reserved 3/4 cup sauce uncovered on High 1 minute to 1 minute 30 seconds or, stirring once, until thoroughly heated.
- Serve sauce with ribs.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:28.075217340304%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 543.29kcal (27.16%), Fat: 32.91g (50.63%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 23.7g (8.62%), Sugar: 19.14g (21.27%), Cholesterol: 115.02mg (38.34%), Sodium: 1815.59mg (78.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.3%), Vitamin C: 79.24mg (96.05%), Selenium: 52.17µg (74.52%), Vitamin B3: 14.49mg (72.46%), Vitamin B1: 0.95mg (63.01%), Vitamin B6: 0.96mg (48.07%), Vitamin B2: 0.67mg (39.46%), Phosphorus: 365.88mg (36.59%), Zinc: 4.74mg (31.57%), Potassium: 890.81mg (25.45%), Magnesium: 76.76mg (19.19%), Vitamin B5: 1.9mg (19.02%), Manganese: 0.36mg (17.92%), Vitamin B12: 0.93µg (15.56%), Folate: 56.99µg (14.25%), Copper: 0.28mg (13.82%), Iron: 2.36mg (13.1%), Vitamin D: 1.83µg (12.22%), Vitamin E: 1.73mg (11.52%), Calcium: 85.13mg (8.51%), Vitamin A: 287.64IU (5.75%), Fiber: 1.37g (5.47%), Vitamin K: 2.33µg (2.22%)