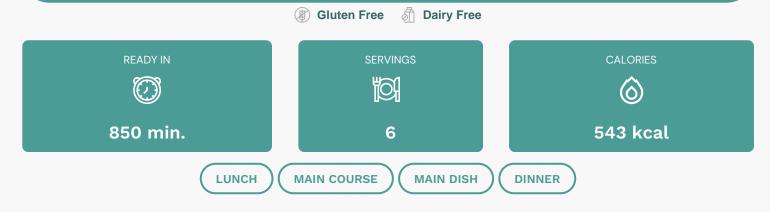


Slow-Cooker Thai Style Ribs



Ingredients

O.5 cup creamy peanut butter
O.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		
	PROTEIN 28.05% FAT 53.75% CARBS 18.2%	

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