



Spicy Slow-Cooker Thai Style Ribs

 Gluten Free  Dairy Free

READY IN



515 min.

SERVINGS



24

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 lb baby back ribs
- 1 teaspoon salt
- 1 teaspoon pepper freshly ground
- 0.8 cup orange juice concentrate frozen thawed () (from 12-oz can)
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon brown sugar packed
- 1 tablespoon ginger finely chopped
- 3 tablespoons creamy peanut butter

- 2 tablespoons soya sauce
- 2 teaspoons sriracha
- 3 cloves garlic finely chopped
- 1 sprigs cilantro leaves fresh

Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- slow cooker
- broiler pan

Directions

- Spray 6- to 7-quart oval-shaped slow cooker with cooking spray.
- Cut rib racks in half.
- Sprinkle ribs with salt and pepper. In small bowl, mix remaining ingredients except cilantro sprigs.
- Place ribs in slow cooker, spooning sauce over each layer of ribs.
- Cover; cook on Low heat setting 8 hours or until tender and pork is no longer pink next to bones.
- Remove ribs from slow cooker; skim fat from cooking liquid. Strain cooking liquid.
- Set oven control to broil. Spray broiler pan rack or large roasting pan with cooking spray.
- Place ribs in pan, overlapping slightly. Heavily brush ribs with 1 cup of the strained cooking liquid. Broil with ribs about 5 inches from heat 1 to 2 minutes or until glazed.
- Meanwhile, in 2-quart saucepan, heat remaining cooking liquid over medium-high heat 6 to 8 minutes or until thickened.
- Cut ribs into serving pieces; serve with sauce.
- Garnish with cilantro sprigs.

Nutrition Facts

PROTEIN 29.91% FAT 59.35% CARBS 10.74%

Properties

Glycemic Index:7.08, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:7.8234781959782%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 162.33kcal (8.12%), Fat: 10.78g (16.58%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.15g (1.51%), Sugar: 3.37g (3.75%), Cholesterol: 41.08mg (13.69%), Sodium: 250.87mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.44%), Selenium: 18.47µg (26.39%), Vitamin B3: 4.47mg (22.33%), Vitamin B1: 0.3mg (20.09%), Vitamin C: 13.32mg (16.15%), Vitamin B6: 0.29mg (14.63%), Vitamin B2: 0.2mg (12.03%), Phosphorus: 106.81mg (10.68%), Zinc: 1.59mg (10.61%), Potassium: 223.67mg (6.39%), Vitamin B5: 0.57mg (5.7%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.65µg (4.37%), Magnesium: 17.1mg (4.28%), Copper: 0.07mg (3.69%), Manganese: 0.07mg (3.26%), Iron: 0.58mg (3.22%), Vitamin E: 0.39mg (2.58%), Calcium: 24.88mg (2.49%), Folate: 9.07µg (2.27%), Vitamin A: 65.26IU (1.31%)