



## Spicy-Sweet Ribs and Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 ounce hickory-flavored barbecue sauce
- 32 ounce pinto beans drained canned
- 1 teaspoon garlic powder
- 1 teaspoon hot sauce green
- 10.5 ounce jalapeno jelly red
- 1 medium onion chopped
- 0.5 teaspoon pepper
- 4 pounds pork ribs country-style trimmed

0.5 teaspoon salt

## Equipment

frying pan

sauce pan

slow cooker

## Directions

Place beans in a 5-quart electric slow cooker; set aside.

Cut ribs apart; sprinkle with garlic powder, salt, and pepper.

Place ribs on a broiling pan.

Broil 5 1/2 inches from heat 18 to 20 minutes or until browned, turning once.

Add ribs to slow cooker, and sprinkle with onion.

Combine jelly, barbecue sauce, and hot sauce in a saucepan; cook over low heat until jelly melts.

Pour over ribs; stir gently.

Cover and cook at HIGH 5 to 6 hours or at LOW 9 to 10 hours.

Remove ribs.

Drain bean mixture, reserving sauce. Skim fat from sauce. Arrange ribs over bean mixture; serve with sauce.

Note: For testing purposes only, we used Kraft Thick 'n Spicy Hickory Smoke Barbecue Sauce and Tabasco Green Pepper Sauce.

## Nutrition Facts



**PROTEIN 16.62%** **FAT 46.8%** **CARBS 36.58%**

## Properties

Glycemic Index:13.63, Glycemic Load:5.71, Inflammation Score:-5, Nutrition Score:21.869130383367%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

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

Calories: 736.26kcal (36.81%), Fat: 38.21g (58.78%), Saturated Fat: 12.12g (75.77%), Carbohydrates: 67.21g (22.4%), Net Carbohydrates: 61.12g (22.22%), Sugar: 42.78g (47.53%), Cholesterol: 127.01mg (42.34%), Sodium: 1261.14mg (54.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.06%), Vitamin B6: 1.07mg (53.34%), Selenium: 35.92µg (51.32%), Vitamin B3: 8.11mg (40.54%), Vitamin B1: 0.59mg (39.22%), Phosphorus: 346.72mg (34.67%), Zinc: 4.75mg (31.66%), Vitamin B2: 0.46mg (26.9%), Potassium: 872.12mg (24.92%), Manganese: 0.49mg (24.74%), Fiber: 6.09g (24.36%), Vitamin D: 3.65µg (24.34%), Iron: 3.59mg (19.92%), Copper: 0.37mg (18.3%), Magnesium: 73.02mg (18.26%), Vitamin B5: 1.27mg (12.73%), Vitamin E: 1.75mg (11.67%), Calcium: 102.3mg (10.23%), Vitamin B12: 0.6µg (10.05%), Folate: 31.33µg (7.83%), Vitamin A: 386.51IU (7.73%), Vitamin C: 5.47mg (6.64%), Vitamin K: 3.8µg (3.62%)