



Sweet and Tangy Slow Cooker Bar-B-Q Pork



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.5 teaspoon celery seed
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons chili sauce
- ☐ 2 teaspoons dijon mustard
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon hot sauce

- ☐ 1 cup catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 1 onion sliced into rings
- ☐ 2 pounds pork ribs country style
- ☐ 1 bell pepper red cut into rings
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup water
- ☐ 1 teaspoon worcestershire sauce

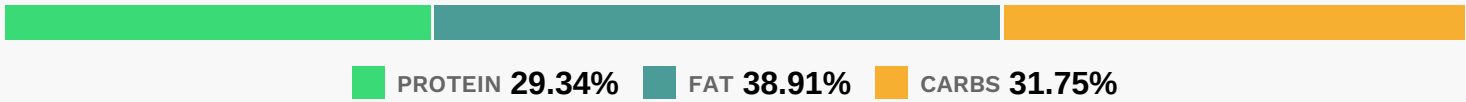
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In a bowl, mix the ketchup, chili sauce, water, red wine vinegar, lemon juice, Worcestershire sauce, hot sauce, Dijon mustard, chili powder, garlic powder, celery seed, black pepper, and brown sugar.
- ☐ Place the pork ribs in a slow cooker, and layer with onion and red bell pepper.
- ☐ Pour sauce into the slow cooker.
- ☐ Cover, and cook 8 hours on Low.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:23.39913063464%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.09mg,

Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 409.2kcal (20.46%), Fat: 17.86g (27.48%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 30.92g (11.24%), Sugar: 25.26g (28.07%), Cholesterol: 109.09mg (36.36%), Sodium: 806.44mg (35.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.61%), Selenium: 49.57µg (70.82%), Vitamin C: 45.71mg (55.41%), Vitamin B6: 1.05mg (52.7%), Vitamin B1: 0.61mg (40.48%), Phosphorus: 330.78mg (33.08%), Vitamin B2: 0.52mg (30.68%), Vitamin B3: 5.96mg (29.78%), Zinc: 4.42mg (29.49%), Vitamin A: 1455.27IU (29.11%), Vitamin B5: 2.56mg (25.65%), Vitamin B12: 1.47µg (24.57%), Potassium: 826.79mg (23.62%), Vitamin E: 2.05mg (13.67%), Magnesium: 51.5mg (12.88%), Iron: 2.18mg (12.13%), Copper: 0.22mg (10.92%), Manganese: 0.22mg (10.77%), Fiber: 1.87g (7.5%), Calcium: 70.34mg (7.03%), Vitamin D: 1.03µg (6.88%), Folate: 26.67µg (6.67%), Vitamin K: 4.55µg (4.34%)