



## Thai-Style Ribs



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



4

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings garnish: cilantro sprigs fresh
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 tablespoons ginger fresh minced
- ☐ 1 garlic clove pressed
- ☐ 11.5 ounce orange-pineapple-apple juice concentrate frozen with welch's) undiluted thawed canned
- ☐ 3.5 pounds pork baby back ribs cut in half
- ☐ 0.8 cup soya sauce

☐ 2 teaspoons sugar

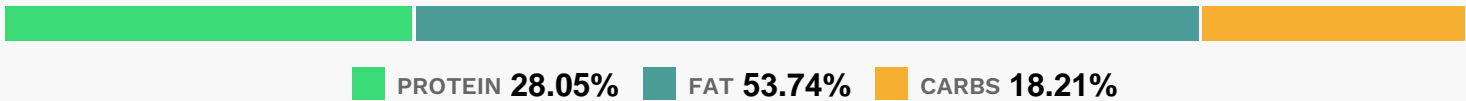
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave
- ☐ slow cooker

## Directions

- ☐ Place ribs in a large shallow dish or zip-top freezer bag.
- ☐ Combine juice concentrate and next 6 ingredients in a small bowl with a wire whisk. Reserve 3/4 cup mixture in refrigerator for dipping.
- ☐ Pour remaining mixture evenly over ribs; cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove ribs from marinade, discarding marinade.
- ☐ Place 1 rack of ribs in bottom of a 6-quart slow cooker; stand remaining rib racks on their sides around edges of slow cooker. Cover and cook on HIGH 1 hour. Reduce heat to LOW, and cook 5 hours.
- ☐ Microwave reserved 3/4 cup sauce in a 1-cup glass measure at HIGH 1 to 1 1/2 minutes or until thoroughly heated, stirring once.
- ☐ Serve with ribs.
- ☐ Garnish, if desired.
- ☐ Stand Your Ribs: Standing these ribs along the sides of your slow cooker gives them direct contact with heat, so they'll have crispy brown edges like ribs that have smoked for hours.

## Nutrition Facts



## Properties

Glycemic Index:52.02, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:39.331738969554%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 814.96kcal (40.75%), Fat: 49.36g (75.94%), Saturated Fat: 16.15g (100.93%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 35.56g (12.93%), Sugar: 28.71g (31.9%), Cholesterol: 172.53mg (57.51%), Sodium: 2723.44mg (118.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.97g (115.95%), Vitamin C: 118.89mg (144.11%), Selenium: 78.25µg (111.79%), Vitamin B3: 21.74mg (108.69%), Vitamin B1: 1.42mg (94.52%), Vitamin B6: 1.44mg (72.11%), Vitamin B2: 1.01mg (59.2%), Phosphorus: 548.86mg (54.89%), Zinc: 7.1mg (47.36%), Potassium: 1336.74mg (38.19%), Magnesium: 115.16mg (28.79%), Vitamin B5: 2.85mg (28.54%), Manganese: 0.54mg (26.9%), Vitamin B12: 1.4µg (23.34%), Folate: 85.55µg (21.39%), Copper: 0.41mg (20.74%), Iron: 3.54mg (19.65%), Vitamin D: 2.75µg (18.34%), Vitamin E: 2.6mg (17.3%), Calcium: 127.76mg (12.78%), Vitamin A: 438.21IU (8.76%), Fiber: 2.05g (8.21%), Vitamin K: 3.8µg (3.62%)