



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

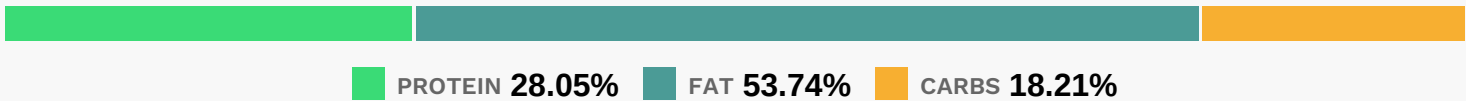
Equipment

- ☐ 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%)