

# Crazy Delicious Baby Back Ribs

*Jan Whitworth - Roebuck, SC  
Taste of Home - Feb/Mar 2016*

## Servings: 8

*2 tablespoons smoked paprika  
2 teaspoons chili powder  
2 teaspoons garlic salt  
1 teaspoon onion powder  
1 teaspoon pepper  
1/2 teaspoon cayenne pepper  
4 pounds pork baby back ribs*

## SAUCE

*1/2 cup mayonnaise  
1/2 cup Worcestershire sauce  
1/2 cup yellow mustard  
1/4 cup reduced-sodium soy sauce  
3 tablespoons hot pepper sauce*

## Preparation Time: 15 minutes

## Cook Time: 5 hours 15 minutes

In a small bowl, combine the paprika, chili powder, garlic salt, onion powder, pepper and cayenne. Cut the ribs into serving size pieces. Rub with the seasoning mixture. Place the ribs in a six-quart slow cooker.

Cook, covered, on LOW for five to six hours or just until the meat is tender.

Preheat the oven to 375 degrees.

In a small bowl, whisk the mayonnaise, Worcestershire, mustard, soy sauce and pepper sauce.

Transfer the ribs to a foil-lined 15x10x1-inch baking pan. Brush the ribs with some of the sauce.

Bake for 15 to 20 minutes or until browned, turning once and brushing occasionally with sauce.

Serve with the remaining sauce.

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Per Serving (excluding unknown items): 132 Calories; 13g Fat (79.3% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 1371mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Pork, Slow Cooker

## Per Serving Nutritional Analysis

|                                |        |                     |       |
|--------------------------------|--------|---------------------|-------|
| Calories (kcal):               | 132    | Vitamin B6 (mg):    | .1mg  |
| % Calories from Fat:           | 79.3%  | Vitamin B12 (mcg):  | trace |
| % Calories from Carbohydrates: | 15.7%  | Thiamin B1 (mg):    | trace |
| % Calories from Protein:       | 5.0%   | Riboflavin B2 (mg): | .1mg  |
| Total Fat (g):                 | 13g    | Folacin (mcg):      | 5mcg  |
| Saturated Fat (g):             | 2g     | Niacin (mg):        | trace |
| Monounsaturated Fat (g):       | 4g     | Caffeine (mg):      | 0mg   |
| Polyunsaturated Fat (g):       | 6g     | Alcohol (kcal):     | 0     |
| Cholesterol (mg):              | 5mg    | % Refuse:           | 0.0%  |
| Carbohydrate (g):              | 6g     |                     |       |
| Dietary Fiber (g):             | 1g     |                     |       |
| Protein (g):                   | 2g     |                     |       |
| Sodium (mg):                   | 1371mg |                     |       |
| Potassium (mg):                | 188mg  |                     |       |
| Calcium (mg):                  | 37mg   |                     |       |
| Iron (mg):                     | 2mg    |                     |       |
| Zinc (mg):                     | trace  |                     |       |
| Vitamin C (mg):                | 32mg   |                     |       |
| Vitamin A (i.u.):              | 335IU  |                     |       |
| Vitamin A (r.e.):              | 41RE   |                     |       |

## Food Exchanges

|                      |     |
|----------------------|-----|
| Grain (Starch):      | 0   |
| Lean Meat:           | 0   |
| Vegetable:           | 0   |
| Fruit:               | 0   |
| Non-Fat Milk:        | 0   |
| Fat:                 | 1   |
| Other Carbohydrates: | 1/2 |

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

Calories 132      Calories from Fat: 105

|                            |        | % Daily Values* |
|----------------------------|--------|-----------------|
| <b>Total Fat</b>           | 13g    | 19%             |
| Saturated Fat              | 2g     | 8%              |
| <b>Cholesterol</b>         | 5mg    | 2%              |
| <b>Sodium</b>              | 1371mg | 57%             |
| <b>Total Carbohydrates</b> | 6g     | 2%              |
| Dietary Fiber              | 1g     | 4%              |
| <b>Protein</b>             | 2g     |                 |
| <b>Vitamin A</b>           |        | 7%              |
| <b>Vitamin C</b>           |        | 53%             |
| <b>Calcium</b>             |        | 4%              |
| <b>Iron</b>                |        | 9%              |

\* Percent Daily Values are based on a 2000 calorie diet.