

Slow Cooker Baby Back Ribs

Gwen
www.SlowCookerKitchen.com

Servings: 6

2 racks baby back ribs
2 bottles barbecue sauce
2 teaspoons liquid smoke flavoring
2 tablespoons garlic, minced
BABY BACK RIB RUB
1 tablespoon pink Himalayan salt
1 tablespoon brown sugar
1 teaspoon black pepper
2 teaspoons onion powder
2 teaspoons garlic powder
1 tablespoon chili powder
1 teaspoon dried mustard

Preparation Time: 20 minutes

Slow Cooker: 8 hours

Remove the ribs from the packaging and drain.

Prepare the Baby Back Rib Rub. Set aside.

Slice the ribs into serving-size pieces that fit into the slow cooker.

Rub the ribs thoroughly on both sides with the Baby Back Rib Rub. Set aside and allow to rest.

In a bowl, mix the barbecue sauce, garlic and liquid smoke. Reserve about 3/4 cup for later use.

Spray the crockpot insert with cooking spray.

Place a layer of the ribs into the crockpot. Liberally brush on both sides with the barbecue sauce. Continue layering the ribs until all of the ribs are in the crockpot.

Cover and cook on LOW for six to eight hours.

(TWENTY MINUTES BEFORE SERVING):

Preheat the oven to broil. Line two baking sheets with aluminum foil, Spray the foil with cooking spray.

Use tongs to remove the ribs from the crockpot. Lay them in a single layer on the baking sheets. Brush the ribs with a healthy layer of the reserved barbecue sauce.

Place the ribs under the broiler for 5 to 10 minutes. When they look glossy and slightly browned, they are ready to serve.

Per Serving (excluding unknown items): 83 Calories; 2g Fat (18.6% calories from fat); 2g Protein; 15g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 699mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-----------|-----------------------|-------|
| Calories (kcal): | 83 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 18.6% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 71.5% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 9.9% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 2g | Folacin (mcg): | 6mcg |
| Saturated Fat (g): | trace | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 1g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | trace | % Daily Value* | 0.0% |
| Carbohydrate (g): | 15g | Food Exchanges | |
| Dietary Fiber (g): | 2g | Grain (Starch): | 0 |
| Protein (g): | 2g | Lean Meat: | 0 |
| Sodium (mg): | 699mg | Vegetable: | 0 |
| Potassium (mg): | 207mg | Fruit: | 0 |
| Calcium (mg): | 31mg | Non-Fat Milk: | 0 |
| Iron (mg): | 1mg | Fat: | 0 |
| Zinc (mg): | trace | Other Carbohydrates: | 1 |
| Vitamin C (mg): | 8mg | | |
| Vitamin A (i.u.): | 1161IU | | |
| Vitamin A (r.e.): | 116 1/2RE | | |

Nutrition Facts

Servings per Recipe: 6

| Amount Per Serving | | |
|---------------------|-------|-----------------------|
| Calories | 83 | Calories from Fat: 15 |
| % Daily Values* | | |
| Total Fat | 2g | 3% |
| Saturated Fat | trace | 1% |
| Cholesterol | trace | 0% |
| Sodium | 699mg | 29% |
| Total Carbohydrates | 15g | 5% |
| Dietary Fiber | 2g | 7% |
| Protein | 2g | |
| Vitamin A | | 23% |
| Vitamin C | | 13% |
| Calcium | | 3% |
| Iron | | 7% |

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