

# Slow Cooker Barbecue Short Ribs

Yield: 7 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-short-ribs-recipe-slow-cooker>

## Ingredients:

- 3 1/2 pounds short ribs no bone
- coarse salt
- fresh ground pepper
- 1 cup barbecue sauce I use a low sugar one like Stubbs
- 2 tablespoons pure maple syrup
- 1/2 cup low sodium soy sauce

## Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 170 milligrams
4. Fat: 82 grams
5. Fiber: 1 grams
6. Protein: 33 grams
7. SaturatedFat: 36 grams
8. Sodium: 1220 milligrams
9. Sugar: 13 grams

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