



WHATSheATE



BBQ Beef Short Ribs



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.5 oz barbecue sauce
- ☐ 4.5 pounds beef short ribs
- ☐ 0.5 onion chopped
- ☐ 6 servings salt and pepper
- ☐ 1 teaspoon vegetable oil

Equipment

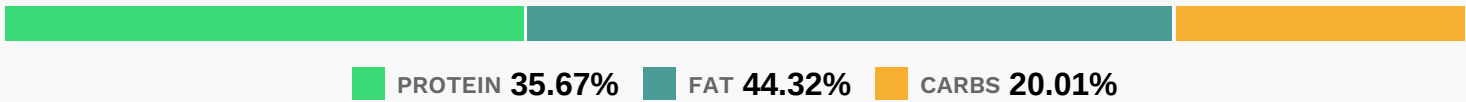
- ☐ frying pan
- ☐ wooden spoon

☐ slow cooker

Directions

- ☐ Place onion and barbecue sauce in a slow cooker. Season ribs with salt and pepper.
- ☐ In a large skillet, heat oil over medium-high heat.
- ☐ Add ribs in batches and brown on all sides, 2 to 3 minutes total.
- ☐ Transfer ribs to slow cooker and stand on end.
- ☐ Pour 1/4 cup water into skillet and cook over low heat, scraping bottom of pan with a wooden spoon to incorporate browned bits.
- ☐ Pour this liquid into slow cooker. Cover and cook on low heat for 8 hours.
- ☐ Transfer ribs to a platter; skim fat from sauce.
- ☐ Pour sauce over ribs.
- ☐ Serve ribs with coleslaw and corn on the cob or other seasonal vegetable.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:23.696956427201%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 549.64kcal (27.48%), Fat: 26.47g (40.72%), Saturated Fat: 10.9g (68.13%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 26.15g (9.51%), Sugar: 21.57g (23.96%), Cholesterol: 146.52mg (48.84%), Sodium: 1012.58mg (44.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.93g (95.87%), Vitamin B12: 8.42µg (140.31%), Zinc: 12mg (79.97%), Selenium: 36.64µg (52.34%), Vitamin B6: 1.03mg (51.37%), Phosphorus: 487.27mg (48.73%), Vitamin B3: 8.86mg (44.32%), Iron: 5.79mg (32.19%), Potassium: 1047.99mg (29.94%), Vitamin B2: 0.42mg (24.74%), Vitamin B1: 0.25mg (16.82%), Magnesium: 63.85mg (15.96%), Copper: 0.22mg (11.05%), Vitamin B5: 0.91mg (9.11%), Manganese: 0.13mg (6.37%), Folate: 17.92µg (4.48%), Calcium: 43.15mg (4.31%), Vitamin E: 0.57mg (3.82%), Fiber: 0.73g (2.92%), Vitamin A: 143.06IU (2.86%), Vitamin K: 2.56µg (2.44%), Vitamin C: 1.06mg

(1.29%)