



Cantonese Short Ribs

 Dairy Free

READY IN



490 min.

SERVINGS



10

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five-spice powder chinese
- 1 cup red wine low-sodium
- 6 pounds english-cut beef short ribs cut into 2- or 3-inch pieces
- 1 cup flour all-purpose
- 1 piece ginger fresh peeled chopped
- 2 cloves garlic minced
- 0.5 cup hoisin sauce
- 1 large onion sliced

- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- wooden spoon
- slow cooker
- tongs

Directions

- In a large bowl, combine flour, salt and pepper. Toss ribs in seasoned flour, shaking off excess.
- Warm oil in a large skillet over medium-high heat. Working in batches, cook ribs, turning with tongs, until browned on all sides, about 10 minutes.
- Transfer ribs to slow cooker.
- Pour off all but 1 Tbsp. fat from skillet.
- Add onion, ginger and garlic to skillet. Cook, stirring often, until slightly softened, 2 to 3 minutes.
- Pour in broth, increase heat to high and bring to a boil, stirring with a wooden spoon to pick up any browned bits on bottom of skillet. Stir in hoisin sauce, soy sauce and five-spice powder until well combined.
- Pour contents of skillet over ribs in slow cooker.
- Cover and cook until beef is very tender, with slow cooker on low for 6 to 8 hours or on high for 3 to 4 hours.
- Remove ribs to a platter. Skim as much fat as possible from cooking liquid in slow cooker; discard fat. Spoon remaining liquid over ribs and serve hot.

Nutrition Facts



■ PROTEIN **36.47%** ■ FAT **47.69%** ■ CARBS **15.84%**

Properties

Glycemic Index:19.9, Glycemic Load:7.32, Inflammation Score:-3, Nutrition Score:21.593043551821%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 455.41kcal (22.77%), Fat: 23.61g (36.33%), Saturated Fat: 9.13g (57.03%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 16.58g (6.03%), Sugar: 4.5g (5%), Cholesterol: 117.63mg (39.21%), Sodium: 714.34mg (31.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.63g (81.26%), Vitamin B12: 6.74µg (112.25%), Zinc: 9.69mg (64.6%), Selenium: 33.3µg (47.57%), Vitamin B6: 0.82mg (41.2%), Phosphorus: 407.35mg (40.73%), Vitamin B3: 7.85mg (39.27%), Iron: 5.22mg (29.01%), Vitamin B2: 0.41mg (24.04%), Potassium: 825.42mg (23.58%), Vitamin B1: 0.3mg (19.77%), Magnesium: 53.58mg (13.39%), Manganese: 0.21mg (10.41%), Folate: 41.58µg (10.39%), Copper: 0.19mg (9.47%), Vitamin B5: 0.74mg (7.39%), Vitamin K: 5.26µg (5.01%), Fiber: 1.07g (4.3%), Calcium: 29.12mg (2.91%), Vitamin E: 0.27mg (1.83%), Vitamin C: 1.43mg (1.73%)