



 26%
HEALTH SCORE

Crock Pot Boneless Beef Ribs

READY IN



45 min.

SERVINGS



4

CALORIES



1058 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups beef broth
- 4 pounds beef ribs boneless
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 0.7 cup flour
- 1 cup catsup
- 0.5 cup mustard
- 1 onion

- 0.5 teaspoon pepper
- 2 teaspoons salt
- 2 tablespoons all the tabasco sauce you handle

Equipment

- frying pan
- ladle
- slow cooker

Directions

- In a large zippy bag place the flour, salt & pepper, mix to combine.
- Add the ribs in batches and shake to coat. In a large frying pan melt the butter and brown the ribs on all sides, transfer the browned ribs to the bottom of a 5 qt crock pot. In the same frying pan combine the remaining items and bring to a boil, pour over the ribs. Cover and cook on low for 10-12 hours or until meat is tender and falling apart.
- Serve hot over mashed taters then ladle some of the sauce over top.

Nutrition Facts



PROTEIN 25.95% **FAT 39.76%** **CARBS 34.29%**

Properties

Glycemic Index:54, Glycemic Load:12.2, Inflammation Score:-7, Nutrition Score:37.44%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Taste

Sweetness: 56.3%, Saltiness: 100%, Sourness: 27.45%, Bitterness: 16.47%, Savoriness: 57.79%, Fattiness: 54.93%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1057.63kcal (52.88%), Fat: 46.82g (72.03%), Saturated Fat: 21.87g (136.67%), Carbohydrates: 90.83g (30.28%), Net Carbohydrates: 88.2g (32.07%), Sugar: 67.89g (75.43%), Cholesterol: 225.87mg (75.29%), Sodium: 2879.33mg (125.19%), Protein: 68.75g (137.5%), Vitamin B12: 11.31µg (188.54%), Zinc: 16.36mg (109.09%), Selenium: 67.33µg (96.19%), Vitamin B6: 1.49mg (74.64%), Phosphorus: 727.24mg (72.72%), Vitamin B3: 14.38mg (71.9%), Iron: 9.49mg (52.74%), Potassium: 1597.91mg (45.65%), Vitamin B2: 0.77mg (45.29%), Vitamin B1: 0.56mg (37.2%), Magnesium: 110.74mg (27.68%), Manganese: 0.5mg (24.77%), Copper: 0.38mg (18.76%), Folate: 74µg (18.5%), Vitamin B5: 1.42mg (14.23%), Vitamin A: 696.89IU (13.94%), Calcium: 121.35mg (12.14%), Vitamin C: 9.48mg (11.49%), Fiber: 2.63g (10.52%), Vitamin E: 1.34mg (8.95%), Vitamin K: 4µg (3.81%)