




 **78%**  
HEALTH SCORE

# Easy Slow-Cooker Beef Short Rib Supper


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




**570 min.**

SERVINGS



**6**

CALORIES



**606 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 3 pounds beef ribs cut into rib sections
- 0.5 teaspoon lawry's seasoned salt
- 12 small potatoes - remove skin whole red
- 1.5 cups baby carrots
- 10.8 ounces campbell's® condensed cream of celery soup canned
- 0.5 cup chili sauce
- 2 tablespoons worcestershire sauce
- 0.5 teaspoon garlic

1.5 cups green beans frozen thawed (from 1-pound bag)

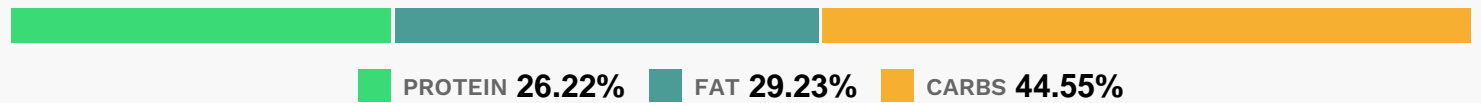
## Equipment

- bowl
- frying pan
- slow cooker
- tongs

## Directions

- Spray 5- to 6-quart slow cooker and 12-inch nonstick skillet with cooking spray.
- Sprinkle ribs with seasoned salt. Cook ribs in skillet over medium-high heat 6 to 8 minutes, turning occasionally, until well browned.
- Remove ribs from skillet with fork or tongs; place in cooker.
- Add potatoes and carrots.
- Mix soup, chili sauce, Worcestershire sauce and garlic pepper in small bowl; pour over ribs and vegetables.
- Cover and cook on Low heat setting 7 to 9 hours.
- Skim and discard fat if desired. Stir in green beans. Increase heat setting to High. Cover and cook 10 to 15 minutes or until beans are tender.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:39.945652132449%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 606.38kcal (30.32%), Fat: 19.78g (30.44%), Saturated Fat: 7.89g (49.3%), Carbohydrates: 67.86g (22.62%), Net Carbohydrates: 59.55g (21.66%), Sugar: 11.09g (12.32%), Cholesterol: 103.27mg (34.42%), Sodium: 1029.87mg (44.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.93g (79.86%), Vitamin A: 4928.79IU (98.58%), Vitamin B12: 5.63µg (93.88%), Potassium: 2452.25mg (70.06%), Vitamin B6: 1.34mg (67.03%), Zinc: 9.27mg (61.78%), Phosphorus: 572.23mg (57.22%), Vitamin B3: 10.48mg (52.38%), Vitamin C: 37.98mg (46.04%), Iron: 7.37mg (40.94%), Selenium: 27.22µg (38.89%), Copper: 0.72mg (36%), Manganese: 0.72mg (35.83%), Vitamin B1: 0.5mg (33.32%), Fiber: 8.31g (33.23%), Vitamin K: 34.67µg (33.02%), Magnesium: 127.37mg (31.84%), Vitamin B2: 0.44mg (26.11%), Folate: 92.37µg (23.09%), Vitamin B5: 2.14mg (21.37%), Calcium: 95.1mg (9.51%), Vitamin E: 1.29mg (8.63%)