




 **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

- 1.5 cups baby carrots
- 3 pounds beef ribs cut into rib sections
- 0.5 cup chili sauce
- 10.8 ounces campbell's® condensed cream of celery soup canned
- 1.5 cups green beans frozen thawed (from 1-pound bag)
- 0.5 teaspoon garlic
- 12 small potatoes - remove skin whole red
- 0.5 teaspoon lawry's seasoned salt

2 tablespoons worcestershire sauce

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.

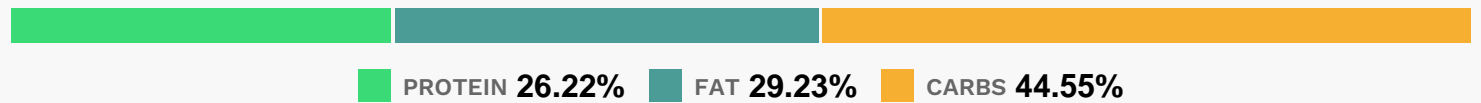
Add potatoes and carrots.

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%)