



 **54%**
HEALTH SCORE

Crock Pot Beef Short Ribs

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 lbs beef ribs
- 4 medium carrots peeled cut into 4 hunks each
- 0.5 teaspoon chili powder
- 1 teaspoon cornstarch
- 1 teaspoon curry powder
- 0.5 teaspoon ground mustard dry
- 2 large onion cut into wedges
- 1 teaspoon paprika

- 1 teaspoon pepper
- 4 medium potatoes peeled halved
- 0.3 cup red wine vinegar
- 2 teaspoons salt
- 1 teaspoon vegetable oil
- 1 cup water

Equipment

Nutrition Facts



PROTEIN 33.37% **FAT 38.46%** **CARBS 28.17%**

Properties

Glycemic Index:52.4, Glycemic Load:30.81, Inflammation Score:-10, Nutrition Score:45.033913043478%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg

Nutrients (% of daily need)

Calories: 742.16kcal (37.11%), Fat: 31.34g (48.21%), Saturated Fat: 12.86g (80.4%), Carbohydrates: 51.65g (17.21%), Net Carbohydrates: 43.39g (15.78%), Sugar: 7.84g (8.71%), Cholesterol: 170.94mg (56.98%), Sodium: 1418.36mg (61.67%), Protein: 61.18g (122.37%), Vitamin A: 10524.56IU (210.49%), Vitamin B12: 9.82µg (163.7%), Zinc: 14.83mg (98.87%), Vitamin B6: 1.96mg (97.83%), Phosphorus: 723.58mg (72.36%), Potassium: 2276.28mg (65.04%), Vitamin B3: 12.93mg (64.66%), Selenium: 43.53µg (62.18%), Vitamin C: 51.29mg (62.17%), Iron: 8.73mg (48.5%), Vitamin B1: 0.52mg (34.91%), Vitamin B2: 0.58mg (34.2%), Magnesium: 133.3mg (33.32%), Manganese: 0.67mg (33.32%), Fiber: 8.26g (33.03%), Copper: 0.52mg (25.88%), Folate: 78.88µg (19.72%), Vitamin B5: 1.84mg (18.4%), Vitamin K: 16.46µg (15.68%), Calcium: 97.06mg (9.71%), Vitamin E: 0.9mg (6%)