



 **28%**
HEALTH SCORE

Hawaiian-Style Short Ribs

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

READY IN



320 min.

SERVINGS



6

CALORIES



938 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 onion red cut into 1-inch wedges, root ends left intact
- 4 garlic clove smashed
- 2 inch ginger fresh peeled thinly sliced
- 4 pounds beef ribs bone-in cut in 3 ½-inch pieces (6)
- 1.5 cups brown sugar
- 1.5 cups brown sugar
- 1 cup soy sauce low-sodium
- 6 tablespoons rice vinegar

- 1 tablespoon chili sauce
- 1 pound pineapple
- 1 serving rice white cooked for serving
- 1 serving rice white cooked for serving
- 1 serving rice white cooked for serving
- 1 serving spring onion chopped for serving

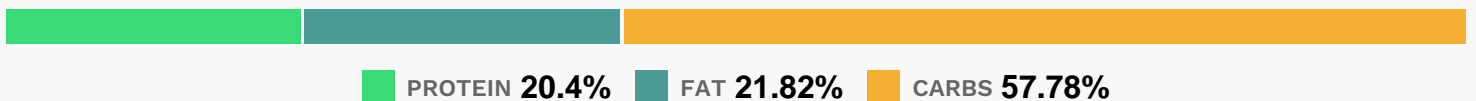
Equipment

- bowl
- ladle
- whisk
- aluminum foil
- slotted spoon
- slow cooker

Directions

- Place onions, garlic, and ginger in a 5- to 6-quart slow cooker. Top with short ribs in a tight layer. In a medium bowl, whisk together brown sugar, soy sauce, vinegar, and Sriracha and add to slow cooker. Cover and cook on high until ribs are almost tender, 4 hours.
- Add pineapple and cook until pineapple is tender, 1 hour.
- With a slotted spoon, transfer ribs, pineapple, onions, and ginger to a platter and tent with foil. With a ladle, skim fat from cooking liquid.
- Serve ribs and pineapple mixture with rice; drizzle with some cooking liquid and sprinkle with scallions.

Nutrition Facts



Properties

Glycemic Index:89.94, Glycemic Load:18.16, Inflammation Score:-6, Nutrition Score:31.376086919204%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 938.28kcal (46.91%), Fat: 22.9g (35.23%), Saturated Fat: 9.63g (60.21%), Carbohydrates: 136.39g (45.46%), Net Carbohydrates: 134.08g (48.76%), Sugar: 116.36g (129.28%), Cholesterol: 130.24mg (43.41%), Sodium: 1741.53mg (75.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.16g (96.31%), Vitamin B12: 7.48µg (124.72%), Zinc: 11.31mg (75.39%), Manganese: 1.27mg (63.26%), Vitamin B6: 1.17mg (58.63%), Phosphorus: 534.2mg (53.42%), Selenium: 36.96µg (52.79%), Vitamin C: 40.18mg (48.7%), Vitamin B3: 8.79mg (43.96%), Iron: 6.59mg (36.59%), Potassium: 1263.77mg (36.11%), Vitamin B2: 0.49mg (28.63%), Magnesium: 107.43mg (26.86%), Vitamin B1: 0.32mg (21.09%), Copper: 0.37mg (18.29%), Calcium: 150.09mg (15.01%), Folate: 55.99µg (14%), Vitamin B5: 1.37mg (13.65%), Fiber: 2.31g (9.25%), Vitamin K: 2.91µg (2.77%), Vitamin E: 0.27mg (1.82%), Vitamin A: 71.73IU (1.43%)