



Melt-In-Your-Mouth Short Ribs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 fluid ounces ale dark
- ☐ 3 beef short ribs cut into serving-sized pieces
- ☐ 2 tablespoons brown sugar packed
- ☐ 10.5 ounces campbell's® condensed onion soup french canned
- ☐ 6 servings extra wide egg noodles hot mashed
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon thyme leaves dried crushed

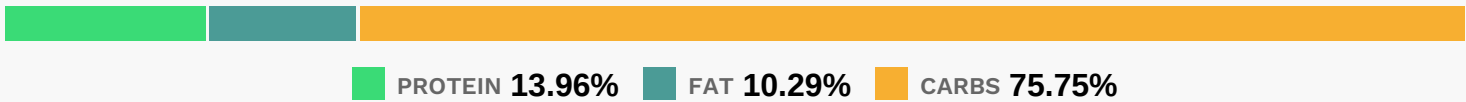
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place the beef into a 5-quart slow cooker.
- ☐ Add the brown sugar, garlic, thyme and flour and toss to coat. Stir the soup and ale in a small bowl.
- ☐ Pour over the beef. Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.
- ☐ Serve with the mashed potatoes. *Or on HIGH for 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:20.63, Inflammation Score:-6, Nutrition Score:9.7091305592786%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 295.93kcal (14.8%), Fat: 3.19g (4.91%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 50.38g (18.32%), Sugar: 6.53g (7.26%), Cholesterol: 49.32mg (16.44%), Sodium: 271.96mg (11.82%), Alcohol: 2.31g (100%), Alcohol %: 1.66% (100%), Protein: 9.74g (19.48%), Selenium: 46.58µg (66.54%), Manganese: 0.55mg (27.62%), Phosphorus: 152.62mg (15.26%), Potassium: 393.61mg (11.25%), Fiber: 2.46g (9.85%), Magnesium: 38.55mg (9.64%), Vitamin B1: 0.14mg (9.51%), Copper: 0.19mg (9.27%), Vitamin B3: 1.82mg (9.12%), Vitamin B6: 0.17mg (8.69%), Iron: 1.44mg (8%), Zinc: 1.17mg (7.77%), Folate: 29.58µg (7.4%), Vitamin B5: 0.57mg (5.75%), Vitamin B2: 0.09mg (5.58%), Calcium: 38.11mg (3.81%), Vitamin B12: 0.19µg (3.19%), Vitamin E: 0.21mg (1.41%), Vitamin C: 1mg (1.21%), Vitamin D: 0.17µg (1.12%), Vitamin A: 50.69IU (1.01%)