



Slow-Cooker BBQ Short Ribs

 Dairy Free

READY IN



370 min.

SERVINGS



10

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 4 lb beef short ribs
- 0.3 cup flour
- 0.3 cup honey
- 1 Tbsp heinz mustard yellow
- 1 large onion coarsely chopped

Equipment

- slow cooker

Directions

- Place ribs in slow cooker; top with onions, then combined remaining ingredients. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).
- Remove ribs from slow cooker; cover to keep warm.
- Skim excess fat from sauce; return ribs to sauce. Stir gently until evenly coated.

Nutrition Facts

PROTEIN 32.74% **FAT 38.96%** **CARBS 28.3%**

Properties

Glycemic Index:18.63, Glycemic Load:5.68, Inflammation Score:-2, Nutrition Score:14.251304349174%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 322.38kcal (16.12%), Fat: 13.77g (21.19%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 21.84g (7.94%), Sugar: 17.12g (19.02%), Cholesterol: 78.14mg (26.05%), Sodium: 398.17mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.09%), Vitamin B12: 4.49µg (74.83%), Zinc: 6.46mg (43.04%), Selenium: 21.16µg (30.22%), Vitamin B6: 0.56mg (28.02%), Phosphorus: 267.06mg (26.71%), Vitamin B3: 4.91mg (24.55%), Iron: 3.28mg (18.22%), Potassium: 571.1mg (16.32%), Vitamin B2: 0.24mg (14.33%), Vitamin B1: 0.17mg (11.02%), Magnesium: 35.93mg (8.98%), Copper: 0.13mg (6.32%), Manganese: 0.11mg (5.41%), Vitamin B5: 0.51mg (5.13%), Folate: 17.36µg (4.34%), Fiber: 0.68g (2.71%), Calcium: 25.41mg (2.54%), Vitamin C: 1.33mg (1.61%), Vitamin E: 0.24mg (1.59%), Vitamin A: 65.43IU (1.31%)