



Slow-Cooker Beef Ribs for Passover

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

READY IN



375 min.

SERVINGS



15

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup heinz apple cider vinegar
- 4 lb beef short ribs
- 0.3 cup brown sugar packed
- 1 clove garlic minced
- 2 Tbsp maxwell house coffee instant
- 1 large onion quartered
- 1 tsp potato flour
- 0.8 cup heinz tomato ketchup

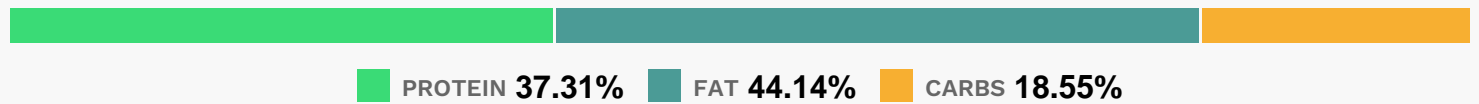
Equipment

slow cooker

Directions

- Place ribs, onions and garlic in slow cooker sprayed with cooking spray.
- Mix remaining ingredients until blended; pour over ingredients in slow cooker. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 5 hours).
- Remove ribs and onions from slow cooker; cover to keep warm. Skim and discard excess fat from sauce.
- Return ribs and onions to sauce in slow cooker; stir until evenly coated.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:9.306086982074%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 186.77kcal (9.34%), Fat: 9.02g (13.88%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 8.32g (3.02%), Sugar: 6.56g (7.29%), Cholesterol: 52.1mg (17.37%), Sodium: 168.21mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.93mg (6.98%), Protein: 17.16g (34.33%), Vitamin B12: 2.99µg (49.89%), Zinc: 4.27mg (28.44%), Vitamin B6: 0.38mg (19.03%), Selenium: 13.01µg (18.59%), Phosphorus: 176.8mg (17.68%), Vitamin B3: 3.39mg (16.97%), Potassium: 397.07mg (11.34%), Iron: 2.04mg (11.33%), Vitamin B2: 0.16mg (9.38%), Magnesium: 24.83mg (6.21%), Vitamin B1: 0.09mg (5.98%), Copper: 0.08mg (3.94%), Manganese: 0.06mg (3.23%), Vitamin B5: 0.31mg (3.08%), Folate: 8.35µg (2.09%), Calcium: 15.87mg (1.59%), Vitamin C: 1.3mg (1.58%), Vitamin A: 61.78IU (1.24%), Vitamin E: 0.18mg (1.18%)