



Slow-Cooker Braised Short Ribs with Mashed Potatoes

 Gluten Free  Dairy Free

READY IN



610 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds beef ribs
- 2 bay leaves dried
- 2 teaspoons worcestershire sauce
- 1.2 ounces brown gravy mix
- 0.5 cup wine dry red
- 10.8 ounces cream of mushroom soup canned
- 4 servings potatoes refrigerated frozen instant mashed (, or)

Equipment

slow cooker

Directions

- Place ribs in 3 1/2- to 4-quart slow cooker. Top with bay leaves,
- Worcestershire sauce, gravy mix (dry), wine and soup.
- Cover and cook on low heat setting 8 to 10 hours.
- Spoon excess fat from top of sauce if desired.
- Remove bay leaves.
- Serve
- ribs with mashed potatoes, spooning sauce over all.

Nutrition Facts

 **PROTEIN 43.52%**  **FAT 52.49%**  **CARBS 3.99%**

Properties

Glycemic Index:20.94, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:29.239130639188%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 651.03kcal (32.55%), Fat: 35.72g (54.95%), Saturated Fat: 15.25g (95.33%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.92g (2.15%), Sugar: 0.6g (0.66%), Cholesterol: 199.17mg (66.39%), Sodium: 842.03mg (36.61%), Alcohol: 3.15g (100%), Alcohol %: 0.89% (100%), Protein: 66.63g (133.26%), Vitamin B12: 11.35µg (189.12%), Zinc: 16.68mg (111.17%), Selenium: 47.7µg (68.14%), Vitamin B6: 1.33mg (66.28%), Phosphorus: 653.65mg (65.37%),

Vitamin B3: 12.02mg (60.08%), Iron: 7.87mg (43.74%), Potassium: 1306.58mg (37.33%), Vitamin B2: 0.56mg (32.95%), Vitamin B1: 0.33mg (21.96%), Magnesium: 78.86mg (19.72%), Copper: 0.39mg (19.41%), Manganese: 0.28mg (14.03%), Vitamin B5: 1.21mg (12.07%), Folate: 25.69µg (6.42%), Calcium: 33.28mg (3.33%)