



Slow Cooker Melt-In-Your-Mouth Short Ribs

 Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounces ale dark
- 3 pounds serving-sized pieces beef short ribs
- 2 tablespoons brown sugar packed
- 10.5 ounces campbell's® condensed onion soup french canned
- 0.3 cup flour all-purpose
- 3 cloves garlic minced
- 1 teaspoon thyme leaves dried crushed

Equipment

slow cooker

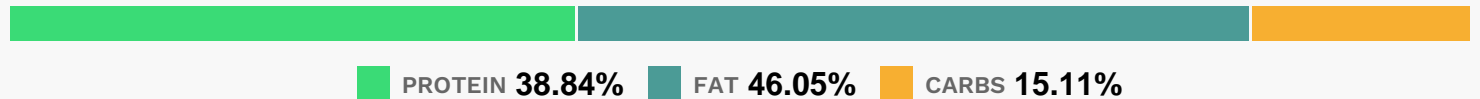
Directions

Place the beef into a 5-quart slow cooker.

Add the brown sugar, garlic, thyme and flour and toss to coat.

Pour the soup and ale over the beef mixture. Cover and cook on LOW for 8 to 9 hours or until the beef is fork-tender.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:3.88, Inflammation Score:-5, Nutrition Score:17.477391269139%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, 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 Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 366.44kcal (18.32%), Fat: 17.53g (26.96%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.32g (4.48%), Sugar: 5.48g (6.09%), Cholesterol: 99.67mg (33.22%), Sodium: 367.49mg (15.98%), Alcohol: 2.31g (100%), Alcohol %: 1.02% (100%), Protein: 33.26g (66.51%), Vitamin B12: 5.62µg (93.74%), Zinc: 7.98mg (53.21%), Selenium: 26.22µg (37.46%), Vitamin B6: 0.7mg (34.83%), Phosphorus: 331.28mg (33.13%), Vitamin B3: 6.28mg (31.4%), Potassium: 846.24mg (24.18%), Iron: 3.94mg (21.9%), Vitamin B2: 0.3mg (17.57%), Vitamin B1: 0.2mg (13.51%), Magnesium: 42.39mg (10.6%), Copper: 0.13mg (6.65%), Vitamin B5: 0.59mg (5.92%), Folate: 23.25µg (5.81%), Manganese: 0.1mg (4.84%), Calcium: 31.71mg (3.17%), Fiber: 0.62g (2.46%), Vitamin C: 1mg (1.21%)