



Slow-Cooker Red Wine Short Ribs

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 small carrots peeled cut in half crosswise
- ☐ 1 loaf top
- ☐ 1 ounce the following: parmesan rind) dried rinsed
- ☐ 4 cloves garlic crushed peeled
- ☐ 6 servings salt and pepper
- ☐ 2 medium onion cut into wedges
- ☐ 2 small parsnips peeled cut in quarters crosswise
- ☐ 1 bottle red wine

- ☐ 1 small bunch sage
- ☐ 5 pounds beef ribs
- ☐ 8.5 ounce sun-dried olives drained cut in half lengthwise

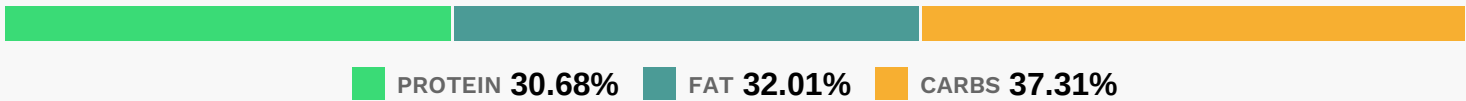
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ In the bowl of a slow cooker, combine the onions, garlic, carrots, parsnips, mushrooms, tomatoes, and sage. Season the short ribs with 1 1/2 teaspoons salt and 3/4 teaspoon pepper and nestle them among the vegetables.
- ☐ Add the wine. Set the slow cooker to high and cook until the meat is tender and falls from the bones, 8–9 hours. Using a large spoon, skim off the excess fat and discard. Divide the ribs and vegetables among individual bowls and spoon the sauce over the top.
- ☐ Heat oven to 300 F. Follow the recipe above using a Dutch oven or large casserole.
- ☐ Bake, covered, until the meat is tender and falls from the bones, 4 hours.

Nutrition Facts



Properties

Glycemic Index:46.89, Glycemic Load:38.45, Inflammation Score:-10, Nutrition Score:61.893478331359%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 961.91kcal (48.1%), Fat: 31.38g (48.27%), Saturated Fat: 12.59g (78.68%), Carbohydrates: 82.29g (27.43%), Net Carbohydrates: 70.62g (25.68%), Sugar: 25.48g (28.32%), Cholesterol: 162.8mg (54.27%), Sodium: 864.63mg (37.59%), Alcohol: 13.25g (100%), Alcohol %: 2.55% (100%), Protein: 67.66g (135.31%), Copper: 6.35mg (317.49%), Vitamin A: 8707.43IU (174.15%), Vitamin B12: 9.35µg (155.9%), Zinc: 15.76mg (105.08%), Manganese: 1.96mg (98.01%), Selenium: 64.89µg (92.69%), Vitamin B3: 18.12mg (90.59%), Potassium: 3094.42mg (88.41%), Phosphorus: 848.4mg (84.84%), Vitamin B6: 1.58mg (79.1%), Iron: 13.63mg (75.72%), Vitamin B1: 1.07mg (71.37%), Vitamin B2: 1.07mg (63.16%), Magnesium: 209.22mg (52.3%), Fiber: 11.67g (46.67%), Folate: 185.96µg (46.49%), Vitamin C: 30.98mg (37.55%), Vitamin B5: 3.52mg (35.19%), Vitamin K: 36.64µg (34.9%), Calcium: 169.8mg (16.98%), Vitamin E: 1.25mg (8.35%), Vitamin D: 0.18µg (1.23%)