



Slow-Cooker Saucy Short Ribs



Gluten Free



Dairy Free

READY IN



430 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 lb beef ribs cut into pieces
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium onion cut into thin wedges
- ☐ 10.8 oz campbell's® condensed cream of celery soup canned
- ☐ 0.5 cup chili sauce
- ☐ 1 tablespoon worcestershire sauce

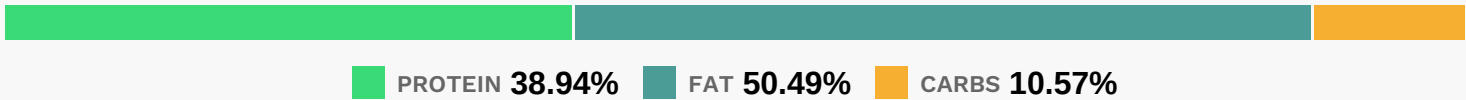
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Sprinkle beef ribs with seasoned salt and pepper. In 3 1/2- to 4-quart slow cooker, layer ribs and onion. In small bowl, mix remaining ingredients.
- ☐ Pour over ribs.
- ☐ Cover; cook on Low heat setting 7 to 9 hours.
- ☐ Remove excess fat from top of sauce; serve sauce over ribs.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:21.503913070845%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 401.38kcal (20.07%), Fat: 22.04g (33.9%), Saturated Fat: 8.95g (55.95%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 9.2g (3.35%), Sugar: 4.77g (5.3%), Cholesterol: 119.55mg (39.85%), Sodium: 923.87mg (40.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.25g (76.49%), Vitamin B12: 6.57µg (109.47%), Zinc: 9.37mg (62.45%), Selenium: 29.09µg (41.56%), Vitamin B6: 0.82mg (40.85%), Phosphorus: 401.21mg (40.12%), Vitamin B3: 7.13mg (35.66%), Iron: 4.81mg (26.7%), Potassium: 874.1mg (24.97%), Vitamin B2: 0.34mg (20.12%), Vitamin B1: 0.22mg (14.95%), Magnesium: 50.11mg (12.53%), Copper: 0.23mg (11.72%), Vitamin B5: 1.11mg (11.09%), Vitamin K: 10.16µg (9.67%), Manganese: 0.16mg (8.17%), Vitamin E: 1.15mg (7.66%), Vitamin C: 5.47mg (6.63%), Vitamin A: 301IU (6.02%), Fiber: 1.18g (4.73%), Folate: 18.38µg (4.59%), Calcium: 43.99mg (4.4%)