




 **52%**  
HEALTH SCORE

# Slow-Cooker Short Rib Dinner


 Dairy Free

READY IN




**635 min.**

SERVINGS



**4**

CALORIES



**442 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 2 lb beef ribs cut into individual rib sections
- 0.5 large onion cut into 4 wedges
- 2 sun-dried olives cut into thin strips (not oil-packed)
- 4 medium carrots cut in half lengthwise and crosswise
- 1 lb potatoes - remove skin red
- 1 garlic clove minced
- 0.5 cup wine dry red
- 1 cup water

- 1 teaspoon beef bouillon from cube instant
- 0.5 teaspoon salt
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon basil dried
- 0.3 teaspoon pepper
- 2 tablespoons flour all-purpose

## Equipment

- bowl
- frying pan
- microwave
- measuring cup
- slotted spoon
- slow cooker

## Directions

- Brown beef ribs in large nonstick skillet over medium-high heat until browned on all sides, turning frequently.
- Meanwhile, in 4 to 6-quart slow cooker, layer onion, tomato, carrots, potatoes and garlic.
- Spoon browned beef into slow cooker.
- Drain off any fat from skillet; add wine, 1/2 cup of the water and bouillon to skillet. Cook over medium heat until mixture comes to a boil, stirring occasionally.
- Sprinkle beef with salt, thyme, basil and pepper.
- Pour hot wine mixture over beef.
- Cover; cook on low setting for 8 to 10 hours.
- About 15 minutes before serving, with slotted spoon, remove beef and vegetables from slow cooker; place in serving bowl. Skim off fat from cooking juices in slow cooker.
- In 4-cup glass measuring cup or medium bowl, blend remaining 1/2 cup water and flour until smooth.

Pour juices from slow cooker into flour mixture; mix well. Microwave on HIGH for 3 to 4 minutes or until mixture boils, stirring once halfway through cooking.

Pour sauce over beef and vegetables.

## Nutrition Facts

**PROTEIN 33.68%** **FAT 37.29%** **CARBS 29.03%**

### Properties

Glycemic Index:71.46, Glycemic Load:4.62, Inflammation Score:-10, Nutrition Score:28.959999893023%

### 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

### Nutrients (% of daily need)

Calories: 441.5kcal (22.08%), Fat: 17.28g (26.59%), Saturated Fat: 7.25g (45.33%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 25.97g (9.44%), Sugar: 5.55g (6.16%), Cholesterol: 97.68mg (32.56%), Sodium: 470.51mg (20.46%), Alcohol: 3.15g (100%), Alcohol %: 0.88% (100%), Protein: 35.12g (70.25%), Vitamin A: 10221.27IU (204.43%), Vitamin B12: 5.61µg (93.56%), Zinc: 8.54mg (56.95%), Vitamin B6: 0.96mg (48.12%), Phosphorus: 420.25mg (42.02%), Vitamin B3: 7.91mg (39.56%), Potassium: 1378.11mg (39.37%), Selenium: 26.01µg (37.16%), Iron: 5.08mg (28.2%), Vitamin B1: 0.33mg (22.2%), Vitamin B2: 0.36mg (21.06%), Manganese: 0.38mg (19.22%), Vitamin C: 15.77mg (19.11%), Magnesium: 75.64mg (18.91%), Fiber: 4.31g (17.23%), Copper: 0.34mg (16.91%), Vitamin K: 14.22µg (13.54%), Folate: 53.61µg (13.4%), Vitamin B5: 1.08mg (10.82%), Calcium: 58.44mg (5.84%), Vitamin E: 0.44mg (2.9%)