



Slow-Cooker Short Rib Stroganoff

 Popular

READY IN



390 min.

SERVINGS



8

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth fat-free reduced-sodium
- 4 lb beef short ribs trimmed
- 1 cup knudsen cream sour
- 16 oz extra wide egg noodles
- 5 Tbsp flour divided
- 4 cloves garlic minced
- 0.5 tsp ground pepper black
- 8 oz mushrooms whole cut in half

- 2 Tbsp oil
- 1 onion coarsely chopped
- 1 Tbsp paprika smoked divided
- 3 Tbsp lea & perrins worcestershire sauce

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Mix 1/4 cup (4 Tbsp.) flour and 1 tsp. paprika.
- Add to ribs; toss to evenly coat.
- Heat oil in large skillet on medium heat.
- Add ribs; cook 5 min. or until evenly browned, turning occasionally.
- Place ribs in slow cooker; top with remaining paprika, vegetables, garlic, pepper, broth and Worcestershire sauce. Cover with lid. Cook on HIGH 6 hours (or on LOW 8 to 10 hours).
- Remove ribs from slow cooker; skim surface of sauce.
- Remove and discard rib bones. Return meat to slow cooker with sour cream and remaining flour; stir. Cook, covered, on LOW 10 to 15 min. or until slightly thickened. Meanwhile, cook noodles as directed on package.
- Drain noodles; place in large serving bowl.
- Add meat mixture; stir.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:20.21, Inflammation Score:-7, Nutrition Score:28.661739401195%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 632.61kcal (31.63%), Fat: 28.75g (44.22%), Saturated Fat: 11.05g (69.05%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 46.92g (17.06%), Sugar: 3.95g (4.39%), Cholesterol: 162.27mg (54.09%), Sodium: 269.24mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.51g (85.03%), Selenium: 74.18µg (105.98%), Vitamin B12: 5.85µg (97.48%), Zinc: 9.37mg (62.47%), Phosphorus: 515.56mg (51.56%), Vitamin B6: 0.87mg (43.28%), Vitamin B3: 8.33mg (41.64%), Manganese: 0.63mg (31.45%), Iron: 5.62mg (31.23%), Vitamin B2: 0.52mg (30.36%), Potassium: 1019.21mg (29.12%), Vitamin B1: 0.33mg (22.29%), Copper: 0.42mg (20.76%), Magnesium: 80.12mg (20.03%), Vitamin B5: 1.64mg (16.38%), Vitamin A: 651.37IU (13.03%), Fiber: 2.88g (11.53%), Folate: 45.12µg (11.28%), Vitamin E: 1.2mg (8.01%), Calcium: 78.94mg (7.89%), Vitamin K: 4.28µg (4.07%), Vitamin C: 3.18mg (3.85%), Vitamin D: 0.23µg (1.51%)