



WHATSheATE



Slow-Cooker Short Ribs in Red Wine



Gluten Free



Dairy Free

READY IN



455 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth flavored (from 32-oz carton)
- ☐ 0.5 cup beef broth flavored
- ☐ 3 lb beef ribs bone-in
- ☐ 14.5 oz canned tomatoes undrained canned
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

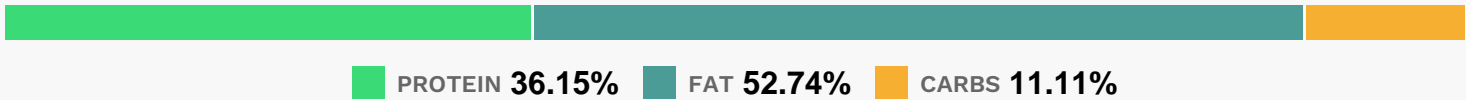
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add beef ribs; sprinkle with salt and pepper. Cook 4 to 6 minutes, turning occasionally, until browned.
- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In cooker, place tomatoes, onion and tomato paste; stir to combine.
- ☐ Add ribs, wine, broth and Worcestershire sauce.
- ☐ Cover; cook on Low heat setting 7 to 9 hours.
- ☐ Remove ribs and bones from cooker; cover ribs to keep warm. Discard bones. Spoon off any fat from mixture in cooker. In small bowl, mix water and cornstarch; stir into mixture in cooker. Increase heat setting to High. Cover; cook 10 to 15 minutes longer or until sauce is thickened.
- ☐ Serve over ribs.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:2.04, Inflammation Score:-4, Nutrition Score:20.850435008173%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 373.48kcal (18.67%), Fat: 21.73g (33.43%), Saturated Fat: 7.94g (49.65%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 8.5g (3.09%), Sugar: 4.51g (5.01%), Cholesterol: 97.68mg (32.56%), Sodium: 523.99mg (22.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.02%), Vitamin B12: 5.64µg (94.01%), Zinc: 8.16mg (54.43%), Vitamin B6: 0.78mg (39.01%), Selenium: 24.97µg (35.68%), Phosphorus: 352.16mg (35.22%), Vitamin B3: 7mg (34.99%), Iron: 4.89mg (27.19%), Potassium: 910.81mg (26.02%), Vitamin B2: 0.31mg (18.5%), Vitamin B1: 0.22mg (14.61%), Magnesium: 55.19mg (13.8%), Copper: 0.27mg (13.7%), Vitamin K: 12.79µg (12.18%), Vitamin C: 8.83mg (10.7%), Manganese: 0.2mg (9.91%), Vitamin E: 1.46mg (9.75%), Vitamin B5: 0.75mg (7.53%), Fiber: 1.79g (7.17%), Folate: 23.05µg (5.76%), Calcium: 47.74mg (4.77%), Vitamin A: 231.59IU (4.63%)