



Slow Cooker Short Ribs with Colombian Spices



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon achiote
- ☐ 1 bottle beer
- ☐ 4 pounds beef short ribs bone-in
- ☐ 2 tablespoons brown sugar grated
- ☐ 3 carrots peeled cut into chunks
- ☐ 0.3 cup cilantro leaves fresh plus more for garnish
- ☐ 4 garlic cloves minced

- ☐ 1 bell pepper green
- ☐ 2 teaspoons ground cumin
- ☐ 6 servings salt and ground pepper to taste
- ☐ 1 onion chopped
- ☐ 1 bell pepper red
- ☐ 2 scallion chopped
- ☐ 2 cups tomatoes diced
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water
- ☐ 6 small potaoes red
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Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Season the ribs on all sides with salt and pepper.
- ☐ Place vegetable oil and the ribs in a pan, turning once, until browned, about 3 minutes per side.
- ☐ Transfer the ribs to a slow cooker. Blend the onions, scallions, peppers, tomatoes, garlic, cumin, achiote, panela or brown sugar, and cilantro with the water until you get a smooth puree.
- ☐ Pour in the tomatoes and onion sauce and beer over the ribs.
- ☐ Add the carrots and potatoes. Cover and cook until the meat is separating from the bones and the vegetables are tender, 5 to 6 hours on high or 7 to 8 hours on low. Spoon the fat off the sauce.
- ☐ Transfer the ribs and sauce to a serving plate and serve immediately over white rice.

Nutrition Facts



 **PROTEIN 36.1%**  **FAT 50.79%**  **CARBS 13.11%**

Properties

Glycemic Index:54.22, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:33.053913178651%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 506.6kcal (25.33%), Fat: 27.48g (42.28%), Saturated Fat: 10.32g (64.49%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 13.18g (4.79%), Sugar: 8.85g (9.84%), Cholesterol: 130.24mg (43.41%), Sodium: 175.44mg (7.63%), Alcohol: 2.21g (100%), Alcohol %: 0.63% (100%), Protein: 43.95g (87.9%), Vitamin A: 6297.85IU (125.96%), Vitamin B12: 7.49µg (124.91%), Zinc: 10.9mg (72.66%), Vitamin C: 52.9mg (64.12%), Vitamin B6: 1.13mg (56.3%), Phosphorus: 472.89mg (47.29%), Selenium: 32.67µg (46.67%), Vitamin B3: 8.81mg (44.03%), Potassium: 1163.11mg (33.23%), Iron: 5.78mg (32.13%), Vitamin K: 29.38µg (27.98%), Vitamin B2: 0.42mg (24.56%), Vitamin B1: 0.29mg (19.35%), Magnesium: 71.83mg (17.96%), Manganese: 0.29mg (14.3%), Copper: 0.24mg (12.16%), Folate: 47.64µg (11.91%), Fiber: 2.78g (11.1%), Vitamin B5: 0.99mg (9.88%), Vitamin E: 1.29mg (8.63%), Calcium: 59.76mg (5.98%)