



Slow-Cooker Sweet and Tangy Short Ribs



Gluten Free



Dairy Free

READY IN



575 min.

SERVINGS



6

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 4 lb beef ribs
- ☐ 1 large onion sweet spanish sliced cut in half, halves (3 1/2 cups) (such as Bermuda, Maui or)
- ☐ 12 oz chili sauce
- ☐ 0.8 cup apricot preserves
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons worcestershire sauce

- ☐ 2 teaspoons ground mustard
- ☐ 2 cloves garlic finely chopped

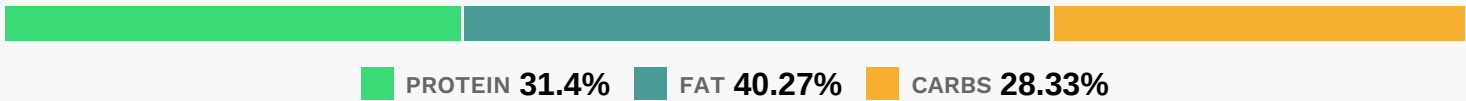
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add ribs, in batches if necessary; cook 6 to 8 minutes, turning occasionally, until brown on all sides.
- ☐ Spray 4- to 5-quart slow cooker with cooking spray.
- ☐ Place onion in cooker. Top with ribs. Cover; cook on Low heat setting 8 hours.
- ☐ In 2-quart saucepan, cook remaining ingredients over low heat 15 to 20 minutes, stirring frequently, until sauce has thickened.
- ☐ Drain excess liquid from cooker.
- ☐ Pour sauce over ribs. Increase heat setting to High. Cover; cook about 1 hour longer or until meat begins to separate from bones.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:25.494782323423%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg

Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 568.81kcal (28.44%), Fat: 25.28g (38.89%), Saturated Fat: 9.95g (62.17%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 37.97g (13.81%), Sugar: 27.67g (30.74%), Cholesterol: 130.24mg (43.41%), Sodium: 994.79mg (43.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.36g (88.72%), Vitamin B12: 7.48µg (124.72%), Zinc: 10.8mg (71.99%), Vitamin B6: 1.05mg (52.3%), Selenium: 34.89µg (49.84%), Phosphorus: 475.7mg (47.57%), Vitamin B3: 8.61mg (43.03%), Iron: 5.93mg (32.93%), Potassium: 1149.51mg (32.84%), Vitamin B2: 0.41mg (23.96%), Vitamin B1: 0.29mg (19.5%), Vitamin C: 15.42mg (18.69%), Magnesium: 65.58mg (16.39%), Copper: 0.31mg (15.37%), Vitamin E: 1.36mg (9.08%), Vitamin A: 451.5IU (9.03%), Folate: 32.94µg (8.23%), Fiber: 2.05g (8.19%), Vitamin B5: 0.78mg (7.83%), Vitamin K: 7.39µg (7.04%), Manganese: 0.13mg (6.64%), Calcium: 59.26mg (5.93%)