



Smoke House Short Ribs

 **Gluten Free**  **Dairy Free**

READY IN



483 min.

SERVINGS



4

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce baby carrots
- 10.5 ounce beef stock canned
- 1 cup celery sliced
- 1 teaspoon garlic minced
- 2 teaspoons ground pepper smoked black
- 2 tablespoons olive oil
- 1 large onion sliced
- 1 cup red wine

- 4 servings salt and pepper black freshly ground
- 1.5 teaspoons seasoning salt all-purpose
- 8 rib short
- 2 teaspoons paprika smoked

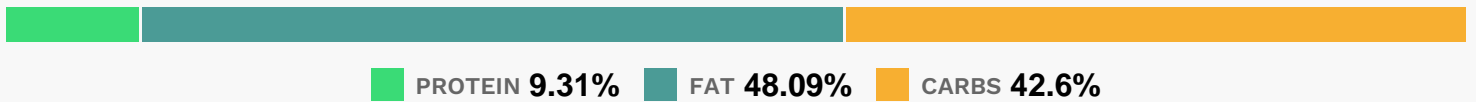
Equipment

- frying pan
- slow cooker

Directions

- Heat olive oil in a large saute pan over high heat.
- Season short ribs with, salt and pepper. Sear the short ribs on all side until brown and caramelized.
- In the bottom of a 5-quart slow cooker place the onions, carrots, celery and garlic. Then add smoked paprika, smoked ground black pepper, and all-purpose seasoning salt.
- Pour in wine and beef stock.
- Place short ribs, meat side up, on top of vegetables. Cover and cook on LOW setting for 8 hours.
- Strain and defat the cooking liquid.
- Serve as sauce on the side.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:12.920000071111%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg
Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg,
Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg,
Kaempferol: 0.36mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin:
8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg,
Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 181.01kcal (9.05%), Fat: 7.63g (11.74%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 15.21g (5.07%), Net
Carbohydrates: 11.06g (4.02%), Sugar: 6.87g (7.63%), Cholesterol: 1.18mg (0.39%), Sodium: 1112.31mg (48.36%),
Alcohol: 6.36g (100%), Alcohol %: 2.72% (100%), Protein: 3.32g (6.65%), Vitamin A: 12342.14IU (246.84%),
Manganese: 0.45mg (22.66%), Vitamin K: 22.69µg (21.61%), Potassium: 583.65mg (16.68%), Fiber: 4.15g (16.6%),
Vitamin B6: 0.27mg (13.49%), Folate: 42.09µg (10.52%), Iron: 1.78mg (9.91%), Vitamin B2: 0.16mg (9.39%), Vitamin E:
1.39mg (9.29%), Copper: 0.18mg (8.92%), Phosphorus: 87.44mg (8.74%), Magnesium: 31.75mg (7.94%), Vitamin B3:
1.57mg (7.84%), Vitamin C: 6.01mg (7.29%), Calcium: 65.98mg (6.6%), Vitamin B1: 0.08mg (5.57%), Vitamin B5:
0.52mg (5.19%), Zinc: 0.61mg (4.1%), Selenium: 2.58µg (3.69%), Vitamin B12: 0.07µg (1.13%)