



Asian Bison Short Ribs

 Dairy Free

READY IN



680 min.

SERVINGS



6

CALORIES



886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 4 pounds bison short
- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons brown sugar packed
- ☐ 1 cup carrots sliced
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 6 servings rice hot cooked
- ☐ 2 tablespoons cornstarch

- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 2 cups onions chopped
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper black
- ☐ 1 tablespoon sesame oil toasted to taste
- ☐ 0.3 cup soya sauce

Equipment

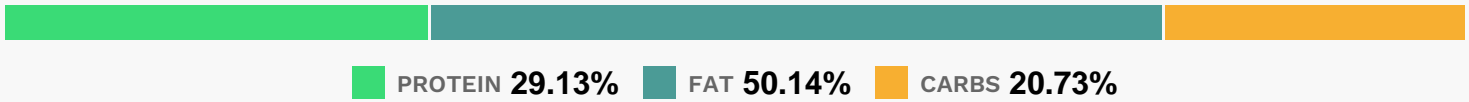
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Place onions and carrots in a 5- to 6-quart slow cooker.
- ☐ Combine flour, the 1/2 teaspoon salt, and the 1/4 teaspoon pepper in a large resealable plastic bag. Trim fat from bison short ribs. If needed, cut into single rib portions. Pat dry with paper towels.
- ☐ Add bison short ribs, a few at a time, to the plastic bag, shaking to coat.
- ☐ Heat oil over medium-high heat in a very large skillet. Cook bison short ribs, half at a time, in hot oil until brown on all sides, adding more oil if necessary.
- ☐ Place in slow cooker on top of vegetables.

- ☐ Combine broth, orange juice, soy sauce, brown sugar, garlic, ginger, and cayenne pepper in a medium bowl.
- ☐ Pour over bison short ribs and vegetables in slow cooker.
- ☐ Cover and cook on low for 11 to 12 hours or on high or 5-1/2 to 6 hours. Use a slotted spoon to transfer bison short ribs and vegetables to a serving platter; reserve cooking liquid. Cover bison short ribs and vegetables with foil to keep warm.
- ☐ For sauce, skim fat from cooking liquid; measure 3 cups of the liquid. Discard the remaining liquid.
- ☐ Combine the 3 cups cooking liquid and cornstarch in a medium saucepan. Cook and stir over medium-high heat until slightly thickened and bubbly. Cook and stir for 2 more minutes. Season to taste with additional salt and black pepper.
- ☐ Serve with rice and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:75.14, Glycemic Load:30.89, Inflammation Score:-9, Nutrition Score:13.974347880353%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg

Nutrients (% of daily need)

Calories: 885.77kcal (44.29%), Fat: 49.83g (76.66%), Saturated Fat: 23.95g (149.71%), Carbohydrates: 46.37g (15.46%), Net Carbohydrates: 44.13g (16.05%), Sugar: 11.08g (12.31%), Cholesterol: 187.48mg (62.49%), Sodium: 1550.29mg (67.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.13g (130.26%), Vitamin A: 3648.41IU (72.97%), Iron: 8.72mg (48.47%), Calcium: 346.7mg (34.67%), Manganese: 0.63mg (31.35%), Vitamin C: 16.25mg (19.7%), Selenium: 9.39µg (13.41%), Vitamin B6: 0.23mg (11.56%), Folate: 38.29µg (9.57%), Vitamin B1: 0.14mg (9.23%), Vitamin B3: 1.8mg (9.02%), Phosphorus: 89.75mg (8.98%), Fiber: 2.24g (8.95%), Potassium: 284.11mg (8.12%), Magnesium: 27.27mg (6.82%), Copper: 0.13mg (6.46%), Vitamin B2: 0.1mg (6.11%), Vitamin B5: 0.57mg

(5.68%), Zinc: 0.66mg (4.4%), Vitamin K: 3.94µg (3.75%), Vitamin E: 0.26mg (1.72%)