



Beef Short Ribs

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

READY IN



140 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 4 servings beef broth to cover the ribs
- 3 pounds beef short ribs
- 1 medium carrots peeled chopped
- 2 celery stalks chopped
- 0.5 teaspoon thyme leaves dried
- 2 cloves garlic roughly chopped
- 1 tablespoon oil

- 1 medium onion sliced
- 4 servings salt and pepper black
- 15 ounce tomato paste canned

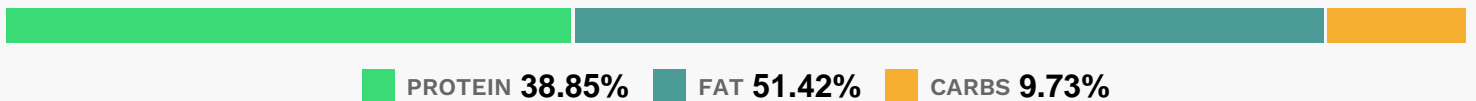
Equipment

- frying pan
- dutch oven

Directions

- In a large Dutch oven heat the oil and brown the ribs on all sides.
- Add the carrots, celery, onion, and garlic. Continue to cook for about 2 to 3 minutes.
- Add the tomato paste and cook stirring slowly for 3 more minutes. Optional: you can dust the short ribs at this time with flour to help thicken the sauce.
- Add the rest of the ingredients and cover. Cook for about 2 hours on low heat (simmer) or until the meat begins to pull from the bone. When done remove from the pan and strain the liquid. You can now thicken the sauce or leave as is and season with salt and pepper.
- Serve with truffle mashed potatoes and haricots verts.
- Truffle mashed potatoes are standard mashed potatoes with chopped black truffles and a little truffle oil added to them.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:3.38, Inflammation Score:-9, Nutrition Score:31.201304497926%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 514.85kcal (25.74%), Fat: 29.19g (44.91%), Saturated Fat: 11.08g (69.23%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 9.4g (3.42%), Sugar: 6.61g (7.34%), Cholesterol: 146.52mg (48.84%), Sodium: 512.81mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.63g (99.26%), Vitamin B12: 8.42µg (140.32%), Zinc: 12.27mg (81.8%), Vitamin B6: 1.2mg (60.17%), Vitamin A: 2792.19IU (55.84%), Selenium: 36.79µg (52.55%), Phosphorus: 522.37mg (52.24%), Vitamin B3: 9.99mg (49.93%), Iron: 7.05mg (39.15%), Potassium: 1299.97mg (37.14%), Vitamin B2: 0.46mg (26.92%), Vitamin B1: 0.34mg (22.66%), Magnesium: 81.4mg (20.35%), Copper: 0.39mg (19.5%), Manganese: 0.33mg (16.31%), Vitamin C: 13.32mg (16.14%), Vitamin E: 2.06mg (13.76%), Vitamin K: 13.01µg (12.39%), Fiber: 3.03g (12.12%), Vitamin B5: 1.18mg (11.8%), Folate: 38.02µg (9.5%), Calcium: 73.64mg (7.36%)