



Beef Short Ribs Carbonnade

 Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons vegetable oil
- 4 pounds beef ribs
- 2 large onion sliced
- 3 tablespoons flour all-purpose
- 1 teaspoon thyme leaves dried
- 14 oz beef broth canned
- 1 teaspoon balsamic vinegar
- 1 tablespoon brown sugar packed

- 1 teaspoon salt
- 0.3 teaspoon pepper
- 12 oz beer canned

Equipment

- frying pan
- oven
- roasting pan

Directions

- Heat oven to 325°F.
- In 12-inch skillet, heat 1 tablespoon of the oil over high heat. Cook ribs in oil about 10 minutes, turning frequently, until brown on all sides. Discard drippings.
- Place ribs in large roasting pan. Cover and bake 1 hour; drain.
- Meanwhile, in same skillet, heat remaining 2 tablespoons oil over medium-high heat. Cook onions in oil 10 to 15 minutes, stirring frequently, until tender and brown. Stir in flour, coating well. Stir in thyme, broth, vinegar, brown sugar, salt and pepper.
- Pour onion mixture over beef ribs.
- Add beer. Cover and bake about 1 hour 30 minutes longer or until ribs are tender.
- Serve ribs with pan juices.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:3.01, Inflammation Score:-6, Nutrition Score:18.174347918967%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg

Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 385.16kcal (19.26%), Fat: 22.15g (34.08%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.09g (2.94%), Sugar: 3.15g (3.5%), Cholesterol: 97.68mg (32.56%), Sodium: 586.71mg (25.51%), Alcohol: 1.66g (100%), Alcohol %: 0.69% (100%), Protein: 33.03g (66.06%), Vitamin B12: 5.66µg (94.26%), Zinc: 8.01mg (53.39%), Selenium: 25.61µg (36.58%), Vitamin B6: 0.72mg (35.91%), Phosphorus: 341.42mg (34.14%), Vitamin B3: 6.47mg (32.35%), Iron: 3.95mg (21.93%), Potassium: 692.19mg (19.78%), Vitamin B2: 0.3mg (17.72%), Vitamin B1: 0.2mg (13.22%), Magnesium: 45.06mg (11.27%), Vitamin K: 9.64µg (9.18%), Copper: 0.14mg (6.92%), Folate: 25.89µg (6.47%), Vitamin B5: 0.62mg (6.19%), Manganese: 0.11mg (5.69%), Vitamin C: 3.18mg (3.85%), Fiber: 0.76g (3.06%), Calcium: 29.85mg (2.99%), Vitamin E: 0.43mg (2.85%)