



Beef Short Ribs in Chipotle and Green Chili Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 inch long meaty beef short ribs
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup tomatoes diced canned drained
- ☐ 1 teaspoon chili powder
- ☐ 3 large anaheim chilies fresh stemmed seeded cut into 1/4-inch-thick rings (California)
- ☐ 1.5 tablespoons chipotle chilies canned chopped
- ☐ 4 servings cilantro leaves fresh chopped

- ☐ 6 large garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings lime wedges
- ☐ 14 ounce low-salt chicken broth canned
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

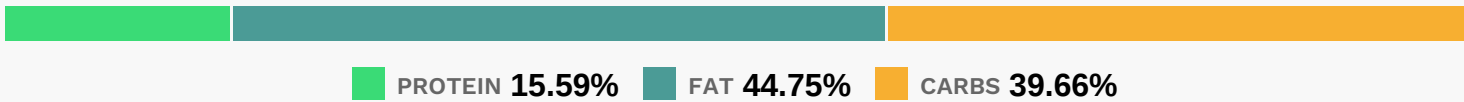
Directions

- ☐ Mix first 5 ingredients in bowl; sprinkle all over short ribs.
- ☐ Place ribs on plate; cover and chill 1 hour or up to 1 day.
- ☐ Preheat oven to 350°F.
- ☐ Heat oil in large ovenproof pot over medium-high heat.
- ☐ Add half of ribs and brown on all sides, about 9 minutes; transfer to plate. Repeat with remaining ribs. Reduce heat to medium.
- ☐ Add onion and garlic to same pot; cover and cook until onion is soft, stirring occasionally, about 5 minutes.
- ☐ Add broth and bring to boil, scraping up browned bits.
- ☐ Add tomatoes, lime juice, and chipotle chilies. Return ribs to pot, meaty side down, in single layer. Bring to boil; cover and cook in oven until ribs are just tender, about 1 1/2 hours.
- ☐ Remove pot from oven. Tilt pot; spoon off fat.
- ☐ Place pot over medium heat and simmer uncovered until sauce coats spoon and ribs are very tender, about 25 minutes. Season sauce with salt and pepper. (Can be made 1 day ahead.

Cool 30 minutes, refrigerate uncovered until cold, then cover and keep refrigerated.)

- ☐
- Bring ribs to simmer over medium heat; add chili rings. Simmer until chilies soften, about 10 minutes.
- ☐
- Transfer ribs and sauce to large bowl.
- ☐
- Sprinkle with cilantro; garnish with lime wedges.
- ☐
- *Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:2.86, Inflammation Score:-7, Nutrition Score:13.087391272835%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg

Nutrients (% of daily need)

Calories: 186.16kcal (9.31%), Fat: 9.95g (15.31%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 15.49g (5.63%), Sugar: 8.56g (9.51%), Cholesterol: 8.99mg (3%), Sodium: 727.55mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin C: 64.87mg (78.63%), Vitamin B6: 0.46mg (22.75%), Manganese: 0.36mg (18.12%), Fiber: 4.35g (17.42%), Vitamin B3: 2.94mg (14.72%), Potassium: 514.79mg (14.71%), Vitamin E: 1.91mg (12.77%), Iron: 2.24mg (12.46%), Vitamin K: 12.78µg (12.17%), Phosphorus: 117.07mg (11.71%), Vitamin A: 565.25IU (11.31%), Copper: 0.21mg (10.34%), Vitamin B12: 0.62µg (10.26%), Vitamin B2: 0.15mg (8.65%), Zinc: 1.23mg (8.21%), Magnesium: 31.4mg (7.85%), Vitamin B1: 0.11mg (7.46%), Folate: 26.94µg (6.74%), Calcium: 63.7mg (6.37%), Selenium: 3.6µg (5.15%), Vitamin B5: 0.32mg (3.21%)