



Beef Short Ribs with Tomato-Wine Sauce



Gluten Free



Dairy Free

READY IN



170 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 4 lb beef ribs trimmed of fat
- ☐ 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 0.5 cup beef broth
- ☐ 0.5 cup beef broth dry red
- ☐ 0.3 cup chili sauce
- ☐ 0.5 teaspoon coarse salt (kosher or sea)
- ☐ 0.3 teaspoon pepper

- ☐ 1 medium onion halved thinly sliced
- ☐ 2 cloves garlic finely chopped

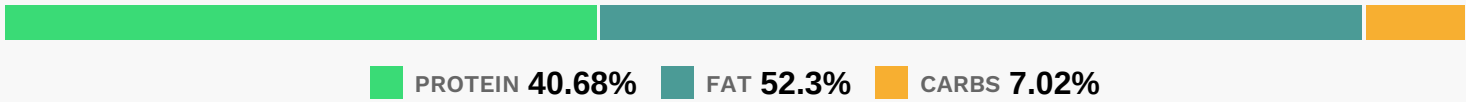
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325°F. In 12-inch skillet, heat oil over medium-high heat. Cook ribs in oil 7 to 9 minutes, turning frequently, until brown on all sides.
- ☐ In ungreased 13x9-inch (3-quart) glass baking dish, mix tomatoes, broth, wine, chili sauce, salt and pepper until well blended.
- ☐ Add ribs, onion and garlic; stir gently to mix. (Baking dish will be full.) Cover with foil.
- ☐ Bake 2 hours 30 minutes or until ribs are tender.
- ☐ Remove ribs from baking dish; cover to keep warm. Skim fat from sauce.
- ☐ Serve ribs with sauce.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:22.044782762942%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 439.99kcal (22%), Fat: 24.91g (38.32%), Saturated Fat: 9.96g (62.27%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.37g (2.32%), Sugar: 3.88g (4.31%), Cholesterol: 130.24mg (43.41%), Sodium: 744.93mg (32.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.59g (87.19%), Vitamin B12: 7.51µg (125.19%), Zinc: 10.61mg (70.76%), Selenium: 32.43µg (46.33%), Vitamin B6: 0.92mg (45.89%), Phosphorus: 437.52mg (43.75%), Vitamin B3: 8.06mg (40.28%), Iron: 5.36mg (29.79%), Potassium: 883.68mg (25.25%), Vitamin B2: 0.36mg (21.32%), Vitamin B1: 0.23mg (15.27%), Magnesium: 52.96mg (13.24%), Copper: 0.18mg (8.93%), Vitamin B5: 0.74mg (7.44%), Vitamin A: 352.31IU (7.05%), Vitamin C: 4.72mg (5.72%), Calcium: 49.4mg (4.94%), Vitamin K: 4.99µg (4.75%), Folate: 18.6µg (4.65%), Fiber: 1.15g (4.62%), Manganese: 0.09mg (4.32%), Vitamin E: 0.41mg (2.73%)