Bistro-Style Short Ribs

READY IN	SERVINGS	CALORIES
ready	servings	calories
200 min.	6	533 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 cups beef stock organic low-sodium,
- [ ] 2 carrots chopped
- [ ] 3 ribs celery
- [ ] 1.5 cups cooking wine dry red
- [ ] 4 tablespoons flat-leaf parsley chopped
- [ ] 0.3 bunch thyme leaves fresh
- [ ] 0.5 head garlic peeled
- [ ] 6 servings kosher salt and pepper black freshly ground
- [ ] 3 tablespoons olive oil extra-virgin

- [ ] 1 medium onion chopped
- [ ] 1 large tomatoes quartered
- [ ] 4 pounds at least in pairs

Equipment

- [ ] food processor
- [ ] sauce pan
- [ ] grill
- [ ] dutch oven
- [ ] tongs

Directions

- [ ] Preheat a cast iron grill or outdoor grill.
- [ ] Season the short ribs with salt and pepper, drizzle with a little extra-virgin olive oil, and brown on all sides.
- [ ] Place the onion, garlic, celery, carrot, and tomato into a food processor and blend until you reach a consistent, smooth pulp.
- [ ] Take a large Dutch oven and place over medium-high heat.
- [ ] Add a 3-count of extra-virgin olive oil and add the thyme to infuse the oil. Next add the vegetable pulp, season with salt and pepper, to taste, and cook for about 10 minutes.
- [ ] Pour in the red wine and stock and bring it to a boil. Using tongs take the ribs and nestle them into the braising mix; the liquid should just about cover the meat.
- [ ] Place the lid loosely on top, reduce heat to a simmer and cook until the meat is very tender, approximately 2 1/2 to 3 hours.
- [ ] When the ribs are about finished, remove about 1 to 2 cups of liquid and strain into a small saucepan over medium-high heat.
- [ ] Heat the sauce until slightly reduced and thickened, about 5 minutes.

Nutrition Facts

PROTEIN **37.05%** FAT **55.49%** CARBS **7.46%**

Properties

Glycemic Index:47.14, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:30.494782281959%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 6.33mg, Apigenin: 6.33mg, Apigenin: 6.33mg, Apigenin: 6.33mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 532.76kcal (26.64%), Fat: 29.77g (45.8%), Saturated Fat: 10.59g (66.2%), Carbohydrates: 9g (3%), Net Carbohydrates: 7.25g (2.64%), Sugar: 3.29g (3.65%), Cholesterol: 130.24mg (43.41%), Sodium: 336.23mg (14.62%), Alcohol: 6.3g (100%), Alcohol %: 1.73% (100%), Protein: 44.71g (89.43%), Vitamin B12: 7.48µg (124.72%), Vitamin A: 3973.05IU (79.46%), Zinc: 10.91mg (72.7%), Vitamin K: 59.24µg (56.42%), Vitamin B6: 1.03mg (51.31%), Selenium: 33.28µg (47.54%), Phosphorus: 474.19mg (47.42%), Vitamin B3: 8.75mg (43.75%), Potassium: 1178.34mg (33.67%), Iron: 5.49mg (30.49%), Vitamin B2: 0.45mg (26.64%), Vitamin B1: 0.28mg (18.56%), Magnesium: 66.33mg (16.58%), Vitamin C: 11.87mg (14.39%), Copper: 0.25mg (12.34%), Manganese: 0.2mg (9.89%), Folate: 38.16µg (9.54%), Vitamin E: 1.39mg (9.3%), Vitamin B5: 0.89mg (8.87%), Fiber: 1.75g (7%), Calcium: 55.11mg (5.51%)