



## Braised Short Ribs

 Dairy Free

READY IN



215 min.

SERVINGS



6

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2.3 cups beef broth divided
- 4 pounds beef short ribs trimmed cut in half
- 1 carrots chopped
- 1 rib celery chopped
- 2.3 cups cooking wine dry red divided
- 0.5 cup flour all-purpose
- 2 garlic cloves chopped
- 1 teaspoon ground allspice

- 0.5 teaspoon ground ginger
- 3 tablespoons olive oil
- 0.5 onion chopped
- 6 servings garnish: parsley fresh chopped
- 1 teaspoon pepper
- 6 servings roasted potatoes red
- 1 teaspoon salt
- 2 tablespoons tomato paste

## Equipment

- frying pan
- oven
- dutch oven

## Directions

- Combine 1/4 cup wine, 1/4 cup broth, garlic, allspice, and ginger in a shallow dish; add ribs, turning to coat. Cover and chill ribs for 4 to 6 hours, turning occasionally.
- Remove ribs from marinade, reserving marinade.
- Sprinkle ribs with salt and pepper; dredge in flour.
- Cook ribs, in batches, in hot oil in a Dutch oven over medium-high heat 15 minutes or until browned.
- Remove ribs, and set aside.
- Reduce heat to medium; add carrot, onion, and celery, and saut 7 minutes or until browned.
- Add tomato paste; cook, stirring constantly, 3 minutes.
- Return ribs to pan. Stir in reserved marinade and remaining 2 cups wine and 2 cups broth; bring mixture to a boil, and tightly cover.
- Bake at 300 for 3 hours.
- Remove ribs.
- Skim fat from sauce and discard; simmer sauce for 12 to 15 minutes or until reduced by half.

Serve with ribs over roasted potatoes.

Garnish, if desired.

## Nutrition Facts

**PROTEIN 35.43%** **FAT 53.14%** **CARBS 11.43%**

### Properties

Glycemic Index:55.81, Glycemic Load:6.82, Inflammation Score:-9, Nutrition Score:29.154347792916%

### Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

### Nutrients (% of daily need)

Calories: 580.82kcal (29.04%), Fat: 29.94g (46.06%), Saturated Fat: 10.68g (66.73%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.19g (4.8%), Sugar: 1.62g (1.79%), Cholesterol: 130.24mg (43.41%), Sodium: 918.82mg (39.95%), Alcohol: 9.45g (100%), Alcohol %: 2.66% (100%), Protein: 44.92g (89.83%), Vitamin B12: 7.55µg (125.77%), Zinc: 10.77mg (71.8%), Vitamin K: 72.47µg (69.02%), Selenium: 36.56µg (52.23%), Vitamin B6: 0.93mg (46.58%), Vitamin B3: 9.22mg (46.12%), Phosphorus: 458.7mg (45.87%), Vitamin A: 2121.5IU (42.43%), Iron: 6.02mg (33.43%), Potassium: 989.23mg (28.26%), Vitamin B2: 0.43mg (25.49%), Vitamin B1: 0.31mg (20.82%), Magnesium: 60.91mg (15.23%), Manganese: 0.29mg (14.35%), Folate: 44.97µg (11.24%), Copper: 0.21mg (10.63%), Vitamin C: 8.3mg (10.06%), Vitamin E: 1.35mg (8.98%), Vitamin B5: 0.85mg (8.47%), Fiber: 1.29g (5.17%), Calcium: 43.68mg (4.37%)