



Braised Short Ribs

 Dairy Free  Very Healthy

READY IN



330 min.

SERVINGS



8

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots peeled
- ☐ 1.5 cups beef broth
- ☐ 6 pounds beef short ribs cut into 1-rib pieces
- ☐ 28 ounce canned tomatoes pureed whole canned
- ☐ 1.5 cups cooking wine dry red
- ☐ 8 servings parsley leaves fresh finely chopped for garnish
- ☐ 2 teaspoons rosemary leaves dried fresh crumbled chopped
- ☐ 4 large garlic cloves minced

- ☐ 1 tablespoon olive oil
- ☐ 3 medium onions chopped
- ☐ 18 orange zest fresh with a vegetable peeler
- ☐ 2 cups pearl onions boiling peeled
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Pat short ribs dry and season with salt and pepper. In a heavy 6-quart kettle, heat oil over moderately high heat, until hot but not smoking, and brown ribs in batches, transferring with tongs to a large bowl.
- ☐ Add chopped onions to kettle and cook over moderate heat, stirring, until golden.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add wine, tomatoes, broth, Worcestershire sauce, zest, rosemary, and salt and bring to a boil.
- ☐ Add ribs including any juices that have accumulated in bowl and simmer, covered, 30 minutes.
- ☐ Add pearl onions and carrots, stirring and pushing down to make sure they are covered by liquid, and simmer, covered, 3 1/2 to 4 hours, or until meat is tender.
- ☐ Transfer meat, pearl onions, and carrots with a slotted spoon to a large bowl. Reduce braising liquid, if necessary. Return meat and vegetables to kettle and cook over low heat, stirring occasionally, until heated through. Stew may be made 3 days ahead and cooled uncovered before chilling covered. Reheat stew, adding water as necessary to thin sauce.
- ☐ Serve stew sprinkled with parsley. Wine suggestion: Californian Syrah – Edmunds St. John, California;

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:42.78565211918%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 5.04mg, Isorhamnetin: 5.04mg, Isorhamnetin: 5.04mg, Isorhamnetin: 5.04mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 20.68mg, Quercetin: 20.68mg, Quercetin: 20.68mg, Quercetin: 20.68mg

Nutrients (% of daily need)

Calories: 610.78kcal (30.54%), Fat: 27.7g (42.62%), Saturated Fat: 11.15g (69.71%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 22.56g (8.21%), Sugar: 11.8g (13.11%), Cholesterol: 146.52mg (48.84%), Sodium: 566.65mg (24.64%), Alcohol: 4.72g (100%), Alcohol %: 0.95% (100%), Protein: 51.58g (103.16%), Vitamin A: 8489.27IU (169.79%), Vitamin B12: 8.45µg (140.84%), Zinc: 12.54mg (83.62%), Vitamin K: 77.88µg (74.17%), Vitamin C: 61.1mg (74.06%), Vitamin B6: 1.37mg (68.6%), Phosphorus: 567.45mg (56.75%), Selenium: 38.2µg (54.57%), Vitamin B3: 10.81mg (54.03%), Potassium: 1603.49mg (45.81%), Iron: 8.18mg (45.46%), Fiber: 8.29g (33.16%), Vitamin B2: 0.53mg (30.98%), Vitamin B1: 0.41mg (27.59%), Magnesium: 100.15mg (25.04%), Copper: 0.49mg (24.7%), Manganese: 0.48mg (24.02%), Folate: 77.69µg (19.42%), Vitamin B5: 1.59mg (15.89%), Calcium: 154.33mg (15.43%), Vitamin E: 1.62mg (10.77%)