



 **46%**  
HEALTH SCORE

## Braised Short Ribs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 4.5 pounds beef ribs
- 6 ounce mushrooms sliced
- 6 ounce mushrooms sliced
- 14.5 ounce frangelico diced canned
- 4 servings kosher salt
- 4 servings top
- 2 cups wine dry red

- 6 garlic clove peeled
- 0.5 cup onion finely chopped
- 6 parsley fresh italian

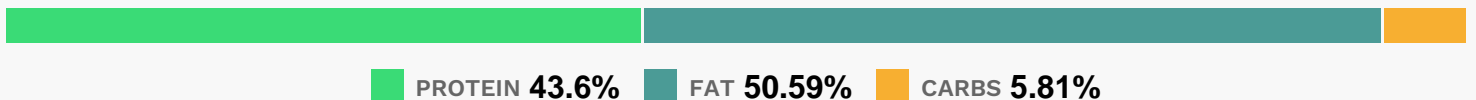
## Equipment

- bowl
- slotted spoon
- slow cooker

## Directions

- Sprinkle ribs with coarse salt and pepper.
- Place in even layer in slow cooker.
- Add next 7 ingredients, cover, and cook on low heat until meat is tender, about 8 hours.
- Using slotted spoon, transfer ribs to serving bowl. Discard parsley and bay leaves. Spoon fat off top of sauce and pour sauce over ribs.
- Serve with bread.

## Nutrition Facts



## Properties

Glycemic Index: 58.38, Glycemic Load: 1.86, Inflammation Score: -8, Nutrition Score: 37.122608488669%

## Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

## Nutrients (% of daily need)

Calories: 780.88kcal (39.04%), Fat: 38.33g (58.97%), Saturated Fat: 16.19g (101.21%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.64g (2.93%), Cholesterol: 219.78mg (73.26%), Sodium: 448.61mg (19.5%), Alcohol: 12.6g (100%), Alcohol %: 2.26% (100%), Protein: 74.34g (148.68%), Vitamin B12: 12.66µg (211.04%), Zinc: 18.36mg (122.42%), Selenium: 62.58µg (89.4%), Vitamin B6: 1.62mg (81.22%), Phosphorus: 795.58mg (79.56%), Vitamin B3: 15.9mg (79.52%), Vitamin B2: 0.93mg (54.82%), Iron: 8.75mg (48.58%), Potassium: 1657.35mg (47.35%), Vitamin B1: 0.45mg (29.71%), Copper: 0.55mg (27.64%), Vitamin B5: 2.53mg (25.26%), Vitamin K: 24.76µg (23.58%), Magnesium: 93.87mg (23.47%), Folate: 44.34µg (11.09%), Manganese: 0.21mg (10.27%), Vitamin C: 6.69mg (8.11%), Fiber: 1.37g (5.48%), Calcium: 48.22mg (4.82%), Vitamin A: 130.26IU (2.61%), Vitamin D: 0.17µg (1.13%)