



Braised Short Ribs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4.5 pounds beef ribs
- ☐ 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

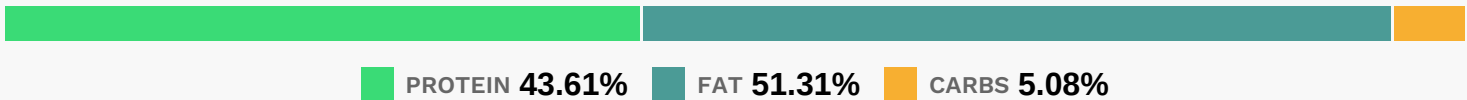
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Sprinkle ribs with coarse salt and pepper.
- ☐ Place in even layer in slow cooker.
- ☐ Add next7 ingredients, cover, and cook on low heatuntil 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 sauceover ribs.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:34.643913050709%

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: 771.52kcal (38.58%), Fat: 38.19g (58.75%), Saturated Fat: 16.17g (101.07%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 7.57g (2.75%), Sugar: 1.79g (1.99%), Cholesterol: 219.78mg (73.26%), Sodium: 446.49mg (19.41%), Alcohol: 12.6g (100%), Alcohol %: 2.4% (100%), Protein: 73.02g (146.05%), Vitamin B12: 12.65µg (210.75%), Zinc: 18.14mg (120.95%), Selenium: 58.63µg (83.75%), Vitamin B6: 1.58mg (79.01%), Phosphorus: 759.01mg (75.9%), Vitamin B3: 14.37mg (71.84%), Iron: 8.53mg (47.4%), Vitamin B2: 0.76mg (44.76%), Potassium: 1522.13mg (43.49%), Vitamin B1: 0.41mg (27.41%), Vitamin K: 24.76µg (23.58%), Magnesium: 90.04mg (22.51%), Copper: 0.42mg (20.88%), Vitamin B5: 1.89mg (18.89%), Folate: 37.11µg (9.28%), Manganese: 0.19mg (9.27%), Vitamin C: 5.8mg (7.02%), Calcium: 46.95mg (4.69%), Fiber: 0.94g (3.78%), Vitamin A: 130.26IU (2.61%)