

 **59%**  
HEALTH SCORE

## Braised Short Ribs

 **Very Healthy**

READY IN



**150 min.**

SERVINGS



**4**

CALORIES



**1477 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups barley
- 4 bay leaves
- 2 tablespoons peppercorns black
- 0.5 cup butter
- 2 carrots chopped
- 2 stalks celery chopped
- 0.5 cup flour
- 1 head garlic cut in half

- 4 servings pepper to taste
- 0.5 cup leek diced
- 32 ounce beef broth low sodium
- 1 tablespoon mascarpone cheese
- 2 cups mushrooms cut into 1 inch pieces
- 0.3 cup cooking oil
- 1 large onion chopped
- 1 cup pearl onions white
- 1.5 cups red wine
- 4 servings salt to taste
- 1 tablespoon sesame oil
- 2.5 lbs beef short ribs boneless
- 0.3 cup soya sauce
- 2 tablespoons sugar
- 4 cups vegetable stock

## Equipment

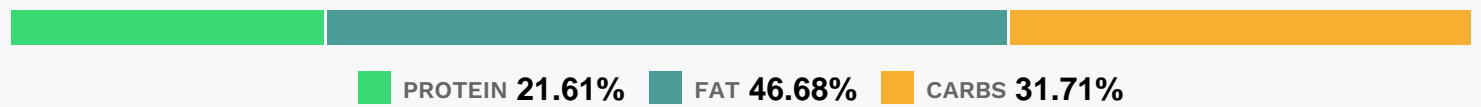
- pot

## Directions

- Heat oil in deep, heavy bottomed sauce pot. Coat short ribs well with flour and sear all sides of the short ribs until dark brown.
- Remove short ribs from pot.
- Add in celery, carrots, onion, garlic, bay leaves and black peppercorns to sauce pot. Cook all vegetables until golden brown and add short ribs back to sauce pot. Deglaze sauce pot with red wine, soy sauce and sugar. Reduce liquid by half and add in beef broth or veal stock. Braise meat on medium heat for approximately 1-2 hours until fork tender.
- Remove short ribs and vegetables. Reduce the liquid until it reaches a sauce like consistency and serve with short ribs.

- Serve short ribs with the braised vegetables over pearl onion barley. PEARL ONION & BARLEY. Use a medium sized, heavy bottomed sauce pot. Melt 2 tablespoons of butter in pot.
- Add leeks, mushrooms and pearl onions. Saut until shiny.
- Add the barley and vegetable stock. Turn down heat to low and stir occasionally for approximately 30 minutes. Barley should be almost tender. Most of the liquid should be absorbed into the barley. Keep heat on low and add in mascarpone cheese, remaining butter, ground pepper and salt to taste. This will bind the barley and make it creamier.
- Serve immediately. Tear your favorite fresh herbs over the top of the barley as an extra touch if desired.

## Nutrition Facts



### Properties

Glycemic Index: 149.23, Glycemic Load: 38.36, Inflammation Score: -10, Nutrition Score: 61.267826272094%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 8.62mg, Catechin: 8.62mg, Catechin: 8.62mg, Catechin: 8.62mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 4.86mg, Isorhamnetin: 4.86mg, Isorhamnetin: 4.86mg, Isorhamnetin: 4.86mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 20.83mg, Quercetin: 20.83mg, Quercetin: 20.83mg, Quercetin: 20.83mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

### Nutrients (% of daily need)

Calories: 1477.1kcal (73.86%), Fat: 74g (113.85%), Saturated Fat: 30.07g (187.96%), Carbohydrates: 113.1g (37.7%), Net Carbohydrates: 91.68g (33.34%), Sugar: 16.88g (18.76%), Cholesterol: 232.02mg (77.34%), Sodium: 2791.11mg (121.35%), Alcohol: 9.54g (100%), Alcohol %: 0.98% (100%), Protein: 77.1g (154.19%), Vitamin B12: 9.68µg (161.3%), Manganese: 3.17mg (158.31%), Vitamin A: 6691.41IU (133.83%), Selenium: 87.84µg (125.48%), Zinc: 17.1mg (113.97%),

Phosphorus: 952.31mg (95.23%), Vitamin B6: 1.84mg (91.92%), Vitamin B3: 17.98mg (89.9%), Fiber: 21.41g (85.66%),  
Vitamin B1: 1.13mg (75.45%), Potassium: 2609.99mg (74.57%), Iron: 12.4mg (68.86%), Vitamin B2: 1.11mg (65.03%),  
Magnesium: 238.89mg (59.72%), Copper: 1.02mg (51%), Vitamin K: 38.84µg (36.99%), Folate: 115.34µg (28.83%),  
Vitamin E: 4.13mg (27.54%), Vitamin B5: 2.45mg (24.46%), Vitamin C: 14.14mg (17.15%), Calcium: 162.12mg (16.21%)