



Braised Short Ribs and Vegetables



Gluten Free



Dairy Free

READY IN



395 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz beef broth fat-free canned
- ☐ 4 pounds beef short ribs trimmed cut in half
- ☐ 15 oz canned tomatoes diced drained canned
- ☐ 4 carrots peeled coarsely chopped
- ☐ 8 servings grits hot cooked
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.5 teaspoon pepper

- ☐ 1.5 teaspoons salt
- ☐ 1 medium size onion sweet cut into 8 wedges
- ☐ 1 tablespoon vegetable oil

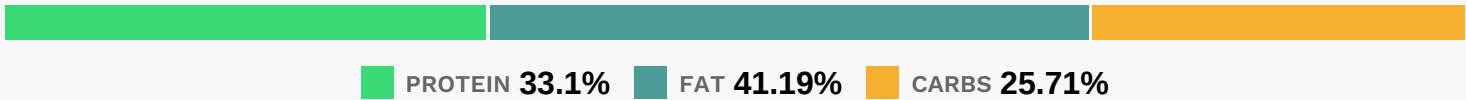
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Rinse short ribs, and pat dry.
- ☐ Remove and discard silver skin, if necessary.
- ☐ Sprinkle ribs with salt and pepper.
- ☐ Cook short ribs in hot oil in a Dutch oven over medium heat 10 minutes on each side or until browned.
- ☐ Transfer ribs to a 6–qt. slow cooker.
- ☐ Add broth and next 5 ingredients to slow cooker. Cover and cook on HIGH 6 hours or until meat is tender.
- ☐ Serve over hot cooked grits.
- ☐ Sprinkle with chopped fresh thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:27.37652156664%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg,

Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg
Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.53mg, Myricetin:
0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg,
Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 439.44kcal (21.97%), Fat: 19.42g (29.88%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 27.26g (9.09%),
Net Carbohydrates: 24.1g (8.76%), Sugar: 5.97g (6.64%), Cholesterol: 97.68mg (32.56%), Sodium: 825.23mg
(35.88%), Alcohol: 1.58g (100%), Alcohol %: 0.42% (100%), Protein: 35.11g (70.23%), Vitamin A: 5215.46IU (104.31%),
Vitamin B12: 5.65µg (94.12%), Zinc: 8.36mg (55.76%), Vitamin B6: 0.87mg (43.48%), Selenium: 28.02µg (40.03%),
Vitamin B3: 7.97mg (39.85%), Phosphorus: 377.26mg (37.73%), Iron: 5.41mg (30.06%), Potassium: 949.81mg
(27.14%), Vitamin B1: 0.36mg (23.93%), Vitamin B2: 0.39mg (22.93%), Folate: 66.18µg (16.55%), Magnesium:
61.98mg (15.5%), Manganese: 0.27mg (13.61%), Fiber: 3.16g (12.64%), Copper: 0.25mg (12.57%), Vitamin K: 12.44µg
(11.85%), Vitamin C: 8.74mg (10.59%), Vitamin B5: 0.86mg (8.63%), Vitamin E: 1.05mg (6.99%), Calcium: 57.03mg
(5.7%)