



Braised Short Ribs with Chocolate and Rosemary

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 3 tablespoons bittersweet chocolate grated shaved
- 2 cups tomatoes diced canned drained chopped
- 0.3 cup carrots peeled finely chopped
- 0.3 cup celery finely chopped
- 2 cups wine dry red
- 2 tablespoons parsley fresh chopped

- 1 teaspoon rosemary leaves fresh finely chopped
- 3 garlic clove minced
- 3 cups chicken broth
- 1.5 cups onion finely chopped
- 0.3 cup pancetta diced italian (bacon;)
- 0.3 cup shallots finely chopped
- 6 pounds beef ribs bone-in
- 1 large thyme leaves fresh
- 2 tablespoons cocoa powder unsweetened (preferably Dutch-process)

Equipment

- paper towels
- pot
- slotted spoon

Directions

- Heat heavy large pot over medium heat.
- Add pancetta and sauté until crisp. Using slotted spoon, transfer pancetta to paper towels to drain.
- Sprinkle ribs with salt and pepper. Working in batches, brown ribs in drippings in pot over medium-high heat until brown on all sides, about 8 minutes per batch.
- Transfer to plate.
- Add onions and next 4 ingredients to pot. Cover, reduce heat to medium, and cook until vegetables are soft, stirring occasionally, about 10 minutes.
- Add wine. Boil uncovered until liquid is reduced by half, scraping up browned bits, about 5 minutes.
- Add broth, tomatoes, parsley, thyme, bay leaf, and pancetta. Return ribs to pot, cover partially, and simmer 1 1/2 hours. Uncover and simmer until rib meat is tender, stirring occasionally, about 1 1/2 hours longer.

- Transfer ribs to plate; discard bay leaf. Spoon fat from surface of sauce. Boil sauce until beginning to thicken, about 8 minutes. Reduce heat to medium.
- Add chocolate, cocoa powder, and rosemary; stir until chocolate melts. Season to taste with salt and pepper. Return ribs to pot. Simmer to rewarm, about 5 minutes.

Nutrition Facts

PROTEIN 38.12%

FAT 51.74%

CARBS 10.14%

Properties

Glycemic Index:30.35, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:29.181304224807%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epicatechin: 8.85mg, Epicatechin: 8.85mg, Epicatechin: 8.85mg, Epicatechin: 8.85mg Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 591.66kcal (29.58%), Fat: 31.25g (48.07%), Saturated Fat: 13.27g (82.91%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 11.29g (4.1%), Sugar: 5.74g (6.37%), Cholesterol: 151.74mg (50.58%), Sodium: 331.68mg (14.42%), Alcohol: 6.3g (100%), Alcohol %: 1.54% (100%), Caffeine: 7.71mg (2.57%), Protein: 51.79g (103.59%), Vitamin B12: 8.55µg (142.57%), Zinc: 12.49mg (83.24%), Vitamin B6: 1.15mg (57.6%), Phosphorus: 562mg (56.2%), Selenium: 38.38µg (54.82%), Vitamin B3: 10.61mg (53.04%), Iron: 6.97mg (38.73%), Potassium: 1241.49mg (35.47%), Vitamin B2: 0.47mg (27.67%), Magnesium: 85.53mg (21.38%), Vitamin B1: 0.31mg (20.56%), Copper: 0.41mg (20.27%), Vitamin K: 20.23µg (19.26%), Vitamin A: 850.47IU (17.01%), Manganese: 0.3mg (14.86%), Vitamin C: 10.61mg (12.87%), Vitamin B5: 1.01mg (10.15%), Fiber: 2.5g (10%), Folate: 31.86µg (7.96%), Calcium: 63.75mg (6.37%), Vitamin E: 0.53mg (3.51%)