



## Braised Short Ribs with Egg Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pounds beef short ribs trimmed (4 ribs)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots chopped (1 large)
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 0.5 cup flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons olive oil divided

- ☐ 0.5 cup onion chopped
- ☐ 3.8 teaspoons salt divided
- ☐ 1 tablespoon tomato paste
- ☐ 2.5 cups water
- ☐ 3 quarts water

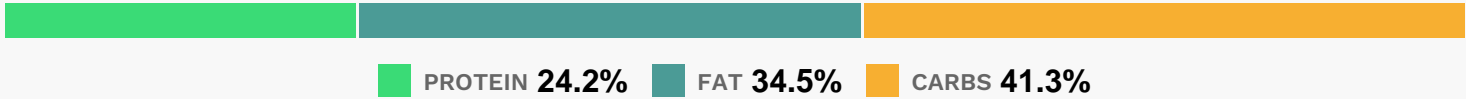
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Sprinkle beef evenly with 1/4 teaspoon salt and pepper; dredge in flour.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add beef to pan; cook 4 minutes or until browned, turning occasionally.
- ☐ Add 2 1/2 cups water, scraping pan to loosen browned bits; bring to a boil. Cover, reduce heat, and simmer 1 hour and 45 minutes or until fork-tender.
- ☐ Remove beef from pan; cover and keep warm.
- ☐ Remove cooking liquid from pan; reserve cooking liquid.
- ☐ Heat skillet over medium heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add carrot and onion; cook 4 minutes, stirring occasionally.
- ☐ Add mushrooms and 1/2 teaspoon salt; cook 5 minutes, stirring occasionally.
- ☐ Add garlic; cook 30 seconds, stirring constantly.
- ☐ Add tomato paste, and cook for 30 seconds, stirring frequently. Stir in reserved cooking liquid; bring to a boil. Reduce heat, and simmer for 6 minutes or until slightly thickened.
- ☐ Bring 3 quarts water and remaining 1 tablespoon salt to a boil in a large saucepan.
- ☐ Add noodles; cook 5 minutes or until al dente.
- ☐ Drain; serve noodles with ribs and sauce.

# Nutrition Facts



## Properties

Glycemic Index:74.96, Glycemic Load:27.26, Inflammation Score:-10, Nutrition Score:32.649999856949%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

## Nutrients (% of daily need)

Calories: 588.87kcal (29.44%), Fat: 22.5g (34.61%), Saturated Fat: 7.07g (44.18%), Carbohydrates: 60.6g (20.2%), Net Carbohydrates: 56.68g (20.61%), Sugar: 4.58g (5.09%), Cholesterol: 120.89mg (40.3%), Sodium: 2368.88mg (102.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.5g (71%), Selenium: 83.27µg (118.96%), Vitamin A: 4107.56IU (82.15%), Vitamin B12: 4.43µg (73.84%), Zinc: 7.99mg (53.3%), Phosphorus: 478.84mg (47.88%), Vitamin B3: 8.91mg (44.53%), Manganese: 0.84mg (41.83%), Vitamin B6: 0.77mg (38.52%), Copper: 0.74mg (37.11%), Vitamin B2: 0.63mg (36.8%), Potassium: 1011.79mg (28.91%), Iron: 5.06mg (28.14%), Vitamin B1: 0.42mg (28.12%), Magnesium: 84.93mg (21.23%), Vitamin B5: 1.95mg (19.46%), Folate: 75.61µg (18.9%), Fiber: 3.92g (15.68%), Vitamin E: 1.57mg (10.48%), Calcium: 88.62mg (8.86%), Vitamin K: 8.7µg (8.28%), Vitamin C: 4.47mg (5.42%), Vitamin D: 0.23µg (1.51%)