



Braised Short Ribs with Red Wine Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 small bay leaves
- ☐ 3 cups beef broth canned
- ☐ 2 teaspoons caraway seeds
- ☐ 3 large carrots peeled chopped
- ☐ 6 servings celery leaves chopped
- ☐ 3 large celery stalks chopped
- ☐ 1 tablespoon thyme leaves dried
- ☐ 2 cups cooking wine dry red

- ☐ 0.3 cup flour all-purpose
- ☐ 4 large garlic cloves minced
- ☐ 1 teaspoon ground allspice generous ()
- ☐ 3 large onions chopped
- ☐ 8 ounces plum tomatoes chopped
- ☐ 5.5 pounds long meaty short ribs trimmed
- ☐ 4 tablespoons vegetable oil

Equipment

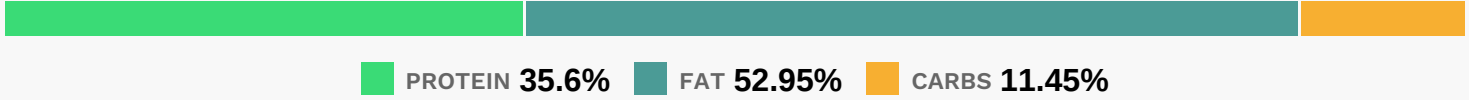
- ☐ bowl
- ☐ pot

Directions

- ☐ Stir flour and allspice in medium bowl to blend.
- ☐ Sprinkle short ribs all over with salt and pepper.
- ☐ Add 6 ribs to flour mixture and turn to coat.
- ☐ Heat 3 tablespoons oil in heavy large pot over medium-high heat.
- ☐ Add floured ribs; saut) until brown, turning occasionally, about 6 minutes.
- ☐ Transfer to large bowl. Repeat flouring and browning with remaining 6 ribs; reserve remaining flour-coating mixture.
- ☐ Add 1 tablespoon oil to pot.
- ☐ Add onions, carrots and celery stalks; saut) until vegetables begin to brown and are very tender, scraping bottom of pot often, about 30 minutes.
- ☐ Add garlic, thyme and caraway seeds to pot; stir 1 minute.
- ☐ Mix in tomatoes and bay leaves. Return ribs and accumulated juices to pot, arranging ribs in single layer.
- ☐ Add broth and wine. Bring to boil. Reduce heat to medium-low, cover and simmer until meat is almost tender, about 1 hour.
- ☐ Uncover pot. Simmer ribs 30 minutes, occasionally spooning fat from surface; reserve 2 tablespoons fat. Stir reserved flour-coating mixture and reserved 2 tablespoons fat in small

- bowl until smooth; mix paste into sauce around ribs. Simmer until meat is very tender and gravy thickens, about 45 minutes longer. Season with salt and pepper.
- ☐ Transfer short ribs and gravy to large bowl.
- ☐ Sprinkle with celery leaves.

Nutrition Facts



Properties

Glycemic Index:49.31, Glycemic Load:6.18, Inflammation Score:-10, Nutrition Score:38.446521178536%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg

Nutrients (% of daily need)

Calories: 759.07kcal (37.95%), Fat: 40.74g (62.68%), Saturated Fat: 14.75g (92.21%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 16.26g (5.91%), Sugar: 5.97g (6.63%), Cholesterol: 179.08mg (59.69%), Sodium: 677.02mg (29.44%), Alcohol: 8.4g (100%), Alcohol %: 1.58% (100%), Protein: 61.64g (123.28%), Vitamin B12: 10.37µg (172.89%), Vitamin A: 6376.83IU (127.54%), Zinc: 14.93mg (99.56%), Vitamin B6: 1.4mg (70.13%), Selenium: 47.14µg (67.35%), Phosphorus: 650.69mg (65.07%), Vitamin B3: 12.36mg (61.78%), Iron: 8.39mg (46.6%), Potassium: 1502.25mg (42.92%), Vitamin K: 37.07µg (35.31%), Vitamin B2: 0.58mg (33.89%), Vitamin B1: 0.41mg (27.45%), Magnesium: 90.83mg (22.71%), Manganese: 0.39mg (19.64%), Vitamin C: 14.2mg (17.21%), Copper: 0.31mg (15.28%), Folate: 60.15µg (15.04%), Fiber: 3.55g (14.21%), Vitamin B5: 1.26mg (12.62%), Calcium: 89.81mg (8.98%), Vitamin E: 1.28mg (8.52%)