



food
network

Braised Spare Ribs

 Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef stock
- 1 tablespoon cayenne
- 1 cup flour
- 2 cloves garlic minced
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 onion chopped
- 4 ounces vegetable oil; peanut oil preferred

- 2 ounces red wine vinegar
- 6 servings salt and pepper black freshly ground
- 3 pounds spare ribs cut into bones
- 2 ounces tomato purée
- 1 quart veal stock

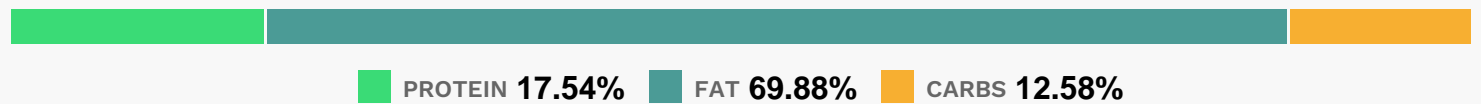
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F.
- Season flour with salt and pepper and dust ribs with it. Knock off any remaining flour and heat up oil. Brown ribs in oil and set aside.
- Saute, over low heat, the onions and garlic until translucent.
- Add spices and stir.
- Add the puree, red wine vinegar, and beef stock and bring to a simmer.
- Place ribs in braising pan and cover with the seasoned beef stock and veal stock. Cover with foil.
- Place in the oven for 2 1/2 hours or until ribs are tender.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:12.08, Inflammation Score:-6, Nutrition Score:23.830434918404%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 736.91kcal (36.85%), Fat: 57.03g (87.74%), Saturated Fat: 15.33g (95.79%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 21.32g (7.75%), Sugar: 2.69g (2.99%), Cholesterol: 127.01mg (42.34%), Sodium: 606.25mg (26.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.42%), Selenium: 45.49µg (64.99%), Vitamin B6: 1.12mg (56.13%), Vitamin B3: 11.01mg (55.04%), Vitamin B1: 0.77mg (51.49%), Vitamin B2: 0.74mg (43.82%), Phosphorus: 342.42mg (34.24%), Zinc: 4.71mg (31.4%), Potassium: 968.77mg (27.68%), Vitamin E: 4.06mg (27.1%), Vitamin D: 3.65µg (24.34%), Iron: 4.2mg (23.33%), Copper: 0.34mg (16.77%), Manganese: 0.3mg (14.86%), Magnesium: 59.11mg (14.78%), Folate: 48.43µg (12.11%), Vitamin B5: 1.15mg (11.55%), Vitamin B12: 0.6µg (10.05%), Vitamin A: 408.65IU (8.17%), Fiber: 1.78g (7.12%), Calcium: 71.15mg (7.11%), Vitamin C: 3.61mg (4.37%), Vitamin K: 1.73µg (1.65%)