



 **31%**
HEALTH SCORE

Brandied Cranberry Short-Rib Stew

 Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp pepper black
- 6 pounds beef ribs bone-in cut into 2-in. pieces*
- 0.5 cup brandy
- 2 tablespoons candied ginger minced
- 1.5 cups cranberries fresh
- 0.5 cup cranberries dried
- 3 tablespoons dutch-processed cocoa powder chopped
- 0.3 cup flour

- 4 garlic clove minced
- 3 pounds kabocha squash seeded cut into 2-in. wedges, and peeled* (1 small)
- 2 tsp kosher salt divided
- 5 cups beef broth reduced-sodium
- 2 medium onion finely chopped
- 1 tablespoon orange zest shredded finely
- 3 tablespoons vegetable oil divided

Equipment

- bowl
- baking sheet
- paper towels
- oven
- pot
- microwave

Directions

- Preheat oven to 50
- Dry short ribs on paper towels and sprinkle with 1 tsp. each salt and pepper. In a large, heavy ovenproof pot, heat 1 tbsp. oil over medium-high heat. In 4 batches, brown ribs all over.
- Transfer to a bowl.
- Cut squash wedges crosswise, put on a baking sheet, and toss with remaining oil. Roast until caramelized, 10 minutes.
- Remove from oven and lower heat to 30
- Add onions and remaining 1 tsp. salt to pot and cook over medium-high heat, stirring often, until softened, about 3 minutes.
- Add flour and cook, stirring, until deep golden brown, about 5 minutes. Stir in garlic and cocoa; cook 1 minute. Stir in broth and brandy.
- Add dried cranberries, ginger, and orange zest and bring mixture to a boil. Return short ribs to pot, cover, and bake 2 1/2 hours.

Remove pot from oven and spoon off fat. (Or chill overnight before skimming; return to a simmer before continuing.) Stir in fresh cranberries and kabocha. Cover and bake until kabocha is tender and meat pulls away from the bone, about 30 minutes.

*Ask your butcher to cut the short ribs. To make squash easier to cut and peel, poke it all over with a fork, then microwave 2 to 3 minutes.

Nutrition Facts

 **PROTEIN 33.81%**  **FAT 44.72%**  **CARBS 21.47%**

Properties

Glycemic Index:28, Glycemic Load:4.32, Inflammation Score:-9, Nutrition Score:34.268695872763%

Flavonoids

Cyanidin: 8.75mg, Cyanidin: 8.75mg, Cyanidin: 8.75mg, Cyanidin: 8.75mg Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg

Nutrients (% of daily need)

Calories: 654.39kcal (32.72%), Fat: 31.09g (47.83%), Saturated Fat: 11.76g (73.51%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 28.47g (10.35%), Sugar: 13.17g (14.63%), Cholesterol: 146.52mg (48.84%), Sodium: 1027.8mg (44.69%), Alcohol: 5.01g (100%), Alcohol %: 0.97% (100%), Caffeine: 4.31mg (1.44%), Protein: 52.87g (105.74%), Vitamin B12: 8.42µg (140.31%), Zinc: 12.49mg (83.29%), Vitamin B6: 1.31mg (65.29%), Selenium: 38.91µg (55.59%), Phosphorus: 544.45mg (54.45%), Potassium: 1886.2mg (53.89%), Vitamin B3: 9.79mg (48.93%), Vitamin A: 2341.68IU (46.83%), Iron: 7.05mg (39.17%), Vitamin C: 27.09mg (32.83%), Vitamin B2: 0.53mg (31.46%), Manganese: 0.6mg (30.19%), Magnesium: 94.11mg (23.53%), Vitamin B1: 0.35mg (23.18%), Copper: 0.41mg (20.44%), Fiber: 5.1g (20.42%), Folate: 71.58µg (17.9%), Vitamin K: 13.37µg (12.73%), Vitamin B5: 1.26mg (12.64%), Calcium: 84.57mg (8.46%), Vitamin E: 1.04mg (6.96%)