



Cabernet-Braised Short Ribs with Dried Apricots

READY IN



45 min.

SERVINGS



5

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef short ribs
- ☐ 1 tablespoon butter
- ☐ 2.5 cups wine
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup apricots dried
- ☐ 0.5 cup flour all-purpose
- ☐ 5 cloves garlic chopped
- ☐ 1 tablespoon olive oil

- ☐ 10 oz onion chopped
- ☐ 1 tablespoon pepper
- ☐ 1 tablespoon salt

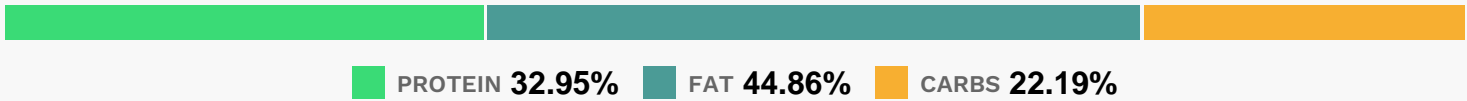
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Rinse ribs and pat dry. In a paper bag, combine flour with 1 tablespoon each salt and pepper. Drop ribs into bag and shake to coat. Lift ribs out, shaking off excess flour mixture.
- ☐ In a heavy 6-quart pan over medium-high heat, melt butter with olive oil. Working in batches, add ribs in a single layer and turn to brown on all sides, about 5 minutes total per batch. With tongs, transfer ribs to a bowl. Discard all but about 2 tablespoons fat in pan.
- ☐ Reduce heat to medium and add onions and garlic to pan; stir often until onions are limp, about 6 minutes. Stir in wine, mustard, and apricots, then return short ribs to pan. Cover and bring to a simmer, then reduce heat to maintain a low simmer and cook, turning ribs once or twice to submerge meat, until very tender when pierced, 2 to 2 1/2 hours.
- ☐ With tongs or a slotted spoon, transfer short ribs to individual wide, shallow bowls or a serving bowl. Skim off and discard any fat from pan juices. Boil juices over high heat until reduced to about 3 cups. Season to taste with more salt and pepper.
- ☐ Pour juices over ribs.
- ☐ Wine Pairing: A hearty Cabernet Sauvignon with meaty tannins matches the richness of the dish and brings the sauce's flavors to life.

Nutrition Facts



Properties

Glycemic Index:55.88, Glycemic Load:13.32, Inflammation Score:-9, Nutrition Score:30.861739096434%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg

Nutrients (% of daily need)

Calories: 744.68kcal (37.23%), Fat: 32.63g (50.2%), Saturated Fat: 13.38g (83.61%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 32.49g (11.81%), Sugar: 16.45g (18.27%), Cholesterol: 162.31mg (54.1%), Sodium: 1657.4mg (72.06%), Alcohol: 12.6g (100%), Alcohol %: 3.2% (100%), Protein: 53.94g (107.88%), Vitamin B12: 8.98µg (149.75%), Zinc: 13.04mg (86.94%), Selenium: 45.79µg (65.42%), Vitamin B6: 1.19mg (59.44%), Phosphorus: 565.35mg (56.53%), Vitamin B3: 10.59mg (52.93%), Iron: 7.4mg (41.13%), Potassium: 1381.41mg (39.47%), Vitamin B2: 0.51mg (30.27%), Vitamin B1: 0.4mg (26.39%), Manganese: 0.49mg (24.42%), Vitamin A: 1019.24IU (20.38%), Magnesium: 80.79mg (20.2%), Copper: 0.34mg (17.13%), Fiber: 3.82g (15.3%), Folate: 52.94µg (13.23%), Vitamin B5: 1.16mg (11.62%), Vitamin E: 1.65mg (10.99%), Calcium: 66.5mg (6.65%), Vitamin C: 5.42mg (6.56%), Vitamin K: 5.06µg (4.82%)