



Chipotle Short Ribs

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 14.5 oz beef broth fat-free reduced-sodium canned
- 3 lb beef short ribs (6 to 8 ribs)
- 3 chipotle peppers in adobo sauce canned
- 3 cups rice long-grain white hot cooked
- 2 Tbsp flour
- 1 Tbsp cilantro leaves fresh chopped
- 2 Tbsp honey

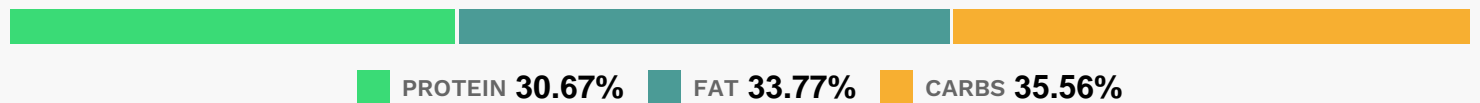
Equipment

- frying pan
- oven
- blender
- dutch oven

Directions

- Heat oven to 350F.
- Blend first 4 ingredients in blender until smooth.
- Place flour in shallow dish. Dip ribs in flour, turning to evenly coat both sides of each. Gently shake off excess flour; cook ribs, in batches, in ovenproof Dutch oven or large deep skillet 5 min. or until evenly browned, turning after 3 min.
- Return all ribs to pan.
- Add sauce; bring to boil.
- Remove from heat; cover.
- Bake 1-1/2 hours or until ribs are tender. Skim fat from sauce; discard.
- Sprinkle ribs with cilantro.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:44.71, Glycemic Load:28.3, Inflammation Score:-2, Nutrition Score:19.32608712173%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 469.79kcal (23.49%), Fat: 17.27g (26.56%), Saturated Fat: 7.24g (45.28%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 39.54g (14.38%), Sugar: 14.21g (15.79%), Cholesterol: 97.68mg (32.56%), Sodium:

479.93mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.57%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.37mg (55.83%), Selenium: 30.98µg (44.26%), Vitamin B6: 0.74mg (37%), Phosphorus: 356.32mg (35.63%), Vitamin B3: 6.26mg (31.32%), Iron: 4.21mg (23.41%), Potassium: 817.68mg (23.36%), Manganese: 0.45mg (22.45%), Vitamin B2: 0.29mg (17.28%), Vitamin B1: 0.2mg (13.11%), Magnesium: 49.71mg (12.43%), Copper: 0.19mg (9.61%), Vitamin B5: 0.89mg (8.93%), Fiber: 1.36g (5.46%), Folate: 17.54µg (4.38%), Calcium: 29.85mg (2.98%), Vitamin E: 0.23mg (1.5%), Vitamin A: 58.26IU (1.17%)