



 **100%**  
HEALTH SCORE

## Coffee-braised Short Ribs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**5**

CALORIES



**877 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons ancho chili powder
- 14 tomatoes diced canned
- 2 tablespoons t brown sugar dark
- 5 servings cilantro leaves fresh chopped
- 6 garlic clove chopped
- 1.3 teaspoons ground cumin
- 1 large jalapeno seeded finely chopped
- 2 tablespoons olive oil

- 2 teaspoons oregano dried
- 1 large bell pepper red chopped
- 5 pounds beef ribs
- 2 cups hot-brewed coffee brewed
- 1 tablespoon tomato paste
- 1 large onion yellow chopped

## Equipment

- oven
- pot

## Directions

- Food
- Preheat oven to 300F.
- Heat oil in a large heavy stockpot over medium-high heat.
- Sprinkle short ribs with salt and pepper. Working in batches, add ribs to pot and cook until browned, about 4 minutes per side.
- Transfer to platter.
- Add onion, red bell pepper, and jalapeo to drippings in stockpot. Reduce heat to medium, cover, and cook until onion is tender, stirring occasionally, about 6 minutes. Stir in garlic and saut uncovered 1 minute.
- Add brown sugar, ancho chile powder, oregano, and cumin; stir 15 seconds. Stir in coffee, tomatoes with juice, and tomato paste. Bring to boil, scraping up browned bits. Return ribs and any juices to pot; bring to boil. Cover and bake until meat is very tender, about 1 hour 45 minutes. Spoon fat from surface of sauce. Season sauce to taste with salt and pepper.
- Transfer ribs to a platter and spoon sauce over top.
- Sprinkle with chopped cilantro.

## Nutrition Facts



## Properties

Glycemic Index:41.6, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:65.595217391304%

## Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg  
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.12mg, Apigenin:  
0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg  
Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.33mg,  
Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin:  
0.46mg, Myricetin: 0.46mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

## Nutrients (% of daily need)

Calories: 877.28kcal (43.86%), Fat: 41.52g (63.87%), Saturated Fat: 15.44g (96.5%), Carbohydrates: 59.47g  
(19.82%), Net Carbohydrates: 45.25g (16.45%), Sugar: 35.45g (39.39%), Cholesterol: 195.36mg (65.12%), Sodium:  
1933.16mg (84.05%), Caffeine: 37.92mg (12.64%), Protein: 73.71g (147.42%), Vitamin C: 156.47mg (189.67%), Vitamin  
B12: 11.23µg (187.08%), Vitamin B6: 2.83mg (141.37%), Zinc: 17.81mg (118.71%), Iron: 19.8mg (110%), Potassium:  
3631.68mg (103.76%), Vitamin B3: 20.53mg (102.66%), Phosphorus: 887.87mg (88.79%), Vitamin B2: 1.29mg  
(75.9%), Selenium: 50.32µg (71.88%), Vitamin E: 10.49mg (69.91%), Vitamin A: 3191.62IU (63.83%), Manganese:  
1.2mg (60.16%), Vitamin B1: 0.89mg (59.65%), Fiber: 14.22g (56.89%), Copper: 1.1mg (55.07%), Magnesium: 219.9mg  
(54.98%), Vitamin K: 47.36µg (45.1%), Calcium: 431.79mg (43.18%), Folate: 138.59µg (34.65%), Vitamin B5: 2.87mg  
(28.7%)