



HEALTH SCORE

61%

## Coffee-Braised Short Ribs with Ancho Chile



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



1.5 tablespoons ancho chili powder



14.5 ounce frangelico diced canned



2 tablespoons t brown sugar dark



6 servings cilantro leaves fresh chopped



6 garlic clove chopped



1.3 teaspoons ground cumin



1 large jalapeno seeded finely chopped



2 tablespoons olive oil

- ☐ 1 large onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 large bell pepper red chopped
- ☐ 5 pounds beef ribs 1-inch-thick flanken-style
- ☐ 2 cups strong coffee decoction dark brewed (not espresso or roast)
- ☐ 1 tablespoon tomato paste

## Equipment

- ☐ oven
- ☐ pot

## Directions

- ☐ Preheat oven to 300°F.
- ☐ Heat oil in heavy large pot 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 jalapeño to drippings in pot. Reduce heat to medium, cover, and cook until onion is tender, stirring occasionally, about 6 minutes. Stir in garlic and sauté 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. (Can be prepared 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and refrigerate. Rewarm, covered, over medium heat before continuing.)
- ☐ Transfer ribs to platter. Spoon sauce over and sprinkle with chopped cilantro.
- ☐ \*Available in the spice section of most supermarkets and at Latin markets.

## Nutrition Facts



 **PROTEIN 38.48%**  **FAT 53.53%**  **CARBS 7.99%**

Properties

Glycemic Index:34.67, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:32.091304737589%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg  
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin:  
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg  
Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg,  
Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg,  
Myricetin: 0.1mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 568.04kcal (28.4%), Fat: 33.35g (51.31%), Saturated Fat: 12.69g (79.34%), Carbohydrates: 11.2g (3.73%),  
Net Carbohydrates: 8.94g (3.25%), Sugar: 6.72g (7.47%), Cholesterol: 162.8mg (54.27%), Sodium: 239.6mg  
(10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 31.6mg (10.53%), Protein: 53.94g (107.89%), Vitamin  
B12: 9.35µg (155.9%), Zinc: 13.5mg (89.98%), Vitamin B6: 1.29mg (64.58%), Selenium: 40.97µg (58.53%),  
Phosphorus: 557.69mg (55.77%), Vitamin B3: 10.28mg (51.41%), Vitamin C: 41.21mg (49.95%), Iron: 7.2mg (39.99%),  
Potassium: 1223.57mg (34.96%), Vitamin B2: 0.55mg (32.22%), Vitamin A: 1538.78IU (30.78%), Vitamin B1: 0.31mg  
(20.94%), Magnesium: 77.77mg (19.44%), Vitamin E: 2.22mg (14.79%), Manganese: 0.26mg (13.21%), Copper:  
0.26mg (12.8%), Vitamin B5: 1.26mg (12.6%), Vitamin K: 11.71µg (11.15%), Folate: 38.78µg (9.7%), Fiber: 2.26g (9.05%),  
Calcium: 62.55mg (6.25%)