



Cranberry-Glazed Braised Short Ribs

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



50

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb beef short ribs (6)
- 1 Tbsp cornstarch
- 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 0.5 cup cranberries dried
- 2 fennel bulbs cut into 1/4-inch-thick slices
- 3 Tbsp gingerroot minced
- 0.5 cup a.1. original sauce
- 2 juice of orange

- 1 small onion chopped
- 0.3 cup sugar

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- slotted spoon
- dutch oven

Directions

- Mix first 5 ingredients. Set aside.
- Cook ribs in Dutch oven or large deep skillet on medium-high heat 4 min. on each side or until browned on both sides.
- Remove ribs from pan.
- Add onions and cranberries to pan; cook 5 min., stirring frequently. Return ribs to pan.
- Add 2 cups of the cranberry juice mixture. Bring to boil; cover. Simmer on low heat 1 hour 15 min.
- Add fennel; cook 45 min. or until ribs are tender. After about 15 min., bring remaining cranberry juice mixture to boil in medium saucepan; simmer on medium-low heat 15 min. or until thickened, stirring frequently.
- Use fork or slotted spoon to transfer ribs and vegetables to platter; cover to keep warm. Skim and discard fat from sauce remaining in pan.
- Pour half into medium bowl.
- Whisk in cornstarch until well blended.
- Add to cranberry juice mixture in saucepan; mix well. Bring to boil, stirring constantly; cook 1 min.
- Serve vegetables and ribs topped with cranberry glaze.

Nutrition Facts

PROTEIN 28.16% FAT 33.01% CARBS 38.83%

Properties

Glycemic Index:5.3, Glycemic Load:1.96, Inflammation Score:-1, Nutrition Score:2.8934782536133%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 56.27kcal (2.81%), Fat: 2.09g (3.21%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 5.12g (1.86%), Sugar: 4.62g (5.13%), Cholesterol: 11.72mg (3.91%), Sodium: 46.6mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin B12: 0.67µg (11.23%), Zinc: 0.98mg (6.57%), Vitamin K: 6.49µg (6.19%), Vitamin B6: 0.09mg (4.55%), Phosphorus: 44.82mg (4.48%), Selenium: 2.97µg (4.24%), Vitamin C: 3.39mg (4.11%), Vitamin B3: 0.77mg (3.84%), Potassium: 126.68mg (3.62%), Iron: 0.54mg (3%), Vitamin B2: 0.04mg (2.19%), Magnesium: 7.21mg (1.8%), Fiber: 0.4g (1.61%), Vitamin B1: 0.02mg (1.57%), Copper: 0.03mg (1.45%), Manganese: 0.03mg (1.36%), Vitamin E: 0.2mg (1.36%), Folate: 4.85µg (1.21%)