

Insane Oven Beef Ribs

 Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef ribs
- 0.3 cup brown sugar
- 1 pinch curry powder
- 2 tablespoons flour all-purpose
- 4 cloves garlic minced
- 0.5 cup olive oil
- 0.8 cup red wine
- 0.3 cup soya sauce

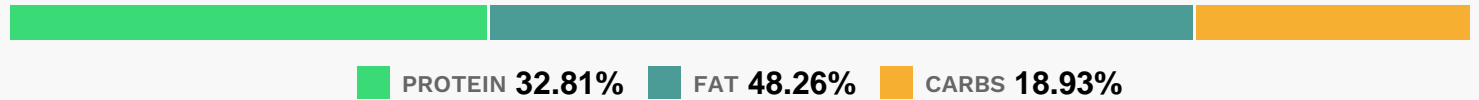
Equipment

- bowl
- baking sheet
- oven
- pot

Directions

- Place the ribs in a large pot, and fill with enough water to cover. Bring to a boil, and cook until the meat is no longer pink, about 20 minutes.
- Meanwhile, preheat the oven to 425 degrees F (220 degrees C). In a medium bowl, stir together the soy sauce, red wine, olive oil, flour, brown sugar, garlic and curry powder.
- Drain the ribs, and coat generously with the sauce. Arrange them on a baking sheet.
- Roast for about 30 minutes in the preheated oven, or until fork tender.
- Pour the remainder of the sauce over the ribs about halfway through.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:3.56, Inflammation Score:-5, Nutrition Score:24.159130297601%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 606.92kcal (30.35%), Fat: 29.84g (45.9%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 25.78g (9.38%), Sugar: 18.66g (20.73%), Cholesterol: 130.24mg (43.41%), Sodium: 1592.06mg (69.22%), Alcohol: 6.36g (100%), Alcohol %: 2.18% (100%), Protein: 45.64g (91.28%), Vitamin B12: 7.48µg (124.72%), Zinc: 10.85mg (72.31%), Vitamin B6: 1.01mg (50.49%), Selenium: 34.65µg (49.51%), Phosphorus: 480.15mg (48.01%), Vitamin B3: 9.04mg (45.2%), Iron: 6.23mg (34.59%), Potassium: 969.91mg (27.71%), Vitamin B2: 0.43mg (25.16%), Manganese: 0.37mg (18.29%), Vitamin B1: 0.27mg (18.25%), Magnesium: 70.67mg (17.67%), Copper: 0.22mg (11.21%), Vitamin B5: 0.89mg (8.91%), Vitamin E: 1.12mg (7.44%), Folate: 28.45µg (7.11%), Calcium: 52.49mg (5.25%), Vitamin K: 4.99µg (4.75%), Fiber: 0.54g (2.14%), Vitamin C: 1.29mg (1.56%)