



Ginger Short Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef short ribs lean fat trimmed cut into 3- to 4-inch pieces see notes
- ☐ 6 ounces ginger fresh
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 5 servings mint sprigs
- ☐ 2 cups onions finely chopped
- ☐ 1 cup pineapple fresh unsweetened canned drained finely chopped
- ☐ 0.3 cup soya sauce

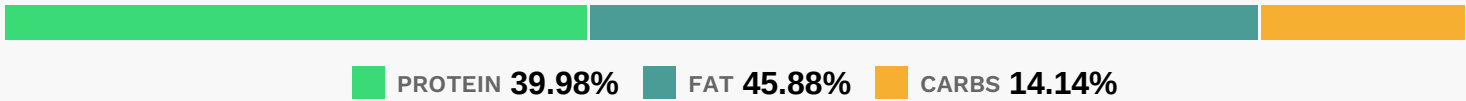
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Peel ginger and cut into matchsticks 1/8 to 1/4 inch thick and 2 to 3 inches long (you should have 1 1/3 cups).
- ☐ Rinse ribs, drain, and lay in a single layer in a 12- by 16-inch casserole at least 2 inches deep (5 to 6 qt.). Evenly distribute ginger, onions, and pineapple over and around meat.
- ☐ Mix 1 cup water with 1/3 cup soy sauce and add to casserole. Cover tightly with foil.
- ☐ Bake in a 375 oven until meat is very tender when pierced, 2 3/4 to 3 hours; halfway through baking, turn ribs in sauce and, if necessary, add water to bring liquid level up to 3/4 inch.
- ☐ Uncover ribs and bake until browned, about 10 minutes. Skim fat from juices and discard. Scatter sliced mint over meat; garnish with mint sprigs.
- ☐ Add soy sauce to taste.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:28.076521469199%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

Nutrients (% of daily need)

Calories: 544.36kcal (27.22%), Fat: 27.4g (42.15%), Saturated Fat: 11.58g (72.37%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 16.38g (5.96%), Sugar: 8.72g (9.69%), Cholesterol: 156.29mg (52.1%), Sodium: 1044.5mg (45.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.72g (107.44%), Vitamin B12: 8.98µg (149.67%), Zinc: 13.03mg (86.84%), Vitamin B6: 1.23mg (61.33%), Phosphorus: 558.45mg (55.84%), Selenium: 38.97µg (55.67%), Vitamin B3: 10.14mg (50.69%), Iron: 6.69mg (37.19%), Potassium: 1276.48mg (36.47%), Vitamin B2: 0.48mg (28.03%),

Magnesium: 93.52mg (23.38%), Vitamin B1: 0.34mg (22.38%), Copper: 0.35mg (17.75%), Manganese: 0.31mg (15.65%), Vitamin C: 10.87mg (13.18%), Vitamin B5: 1.06mg (10.65%), Fiber: 2.62g (10.49%), Folate: 40.1µg (10.02%), Calcium: 58.14mg (5.81%), Vitamin A: 157.44IU (3.15%)