



## Holiday Short Ribs

 Dairy Free

READY IN



505 min.

SERVINGS



4

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 9 beef short ribs bone-in
- 1 tablespoon canola oil
- 2 medium carrots cut into large chunks
- 4 sprigs parsley fresh separated
- 4 sprigs rosemary fresh
- 4 sprigs thyme leaves fresh
- 4 servings kosher salt and pepper black freshly ground
- 2 medium onions peeled quartered

- 2 medium parsnips cut into large chunks
- 1 tablespoon spicy brown mustard
- 12 ounce can stout beer dark such as guinness canned
- 2 medium turnips peeled quartered
- 1 tablespoon worcestershire sauce

## Equipment

- frying pan
- pot
- slow cooker

## Directions

- Watch how to make this recipe.
- In a large skillet over medium-high heat, add the oil.
- Sprinkle the short ribs with salt and pepper. When the oil is hot, brown the short ribs, in batches, until they are browned on all sides, 3 to 4 minutes per side. While the short ribs are browning, place a layer of carrot and onion pieces into the bottom of a slow cooker and sprinkle with salt and pepper.
- Place the browned meat on top.
- Add the remaining carrots and onions along with the parsnips and turnips. Tie together the rosemary and thyme with the parsley stems, and add them to the pot along with the mustard and Worcestershire.
- Pour over the stout, and then add enough water to almost cover the contents. Cover and cook on low until the meat is very tender, 6 to 8 hours.
- To serve, carefully remove the meat and vegetables from the slow cooker. Strain the juices. Skim off the fat and reserve 2 cups of the juices and 1 short rib for Round 2 Recipe Braised Beef and Mushroom Soup if desired.
- Serve the rest of the ribs with the remaining juice and garnish with chopped parsley leaves.

## Nutrition Facts



■ PROTEIN 7.8% ■ FAT 22.7% ■ CARBS 69.5%

## Properties

Glycemic Index:84.96, Glycemic Load:9.52, Inflammation Score:-10, Nutrition Score:17.411739183509%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 12mg, Quercetin: 12mg, Quercetin: 12mg, Quercetin: 12mg

## Nutrients (% of daily need)

Calories: 181.79kcal (9.09%), Fat: 4.31g (6.63%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 22.65g (8.23%), Sugar: 10.3g (11.45%), Cholesterol: 1.33mg (0.44%), Sodium: 170.52mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Vitamin A: 5237.67IU (104.75%), Vitamin C: 35.37mg (42.88%), Vitamin K: 40.9µg (38.95%), Manganese: 0.68mg (33.94%), Fiber: 7.06g (28.23%), Folate: 80.15µg (20.04%), Potassium: 646.32mg (18.47%), Vitamin E: 2.02mg (13.49%), Vitamin B6: 0.25mg (12.46%), Phosphorus: 110.86mg (11.09%), Magnesium: 43.55mg (10.89%), Vitamin B1: 0.15mg (10.22%), Copper: 0.2mg (10.08%), Calcium: 82.19mg (8.22%), Iron: 1.43mg (7.96%), Vitamin B5: 0.77mg (7.67%), Vitamin B3: 1.31mg (6.56%), Zinc: 0.96mg (6.39%), Vitamin B2: 0.11mg (6.3%), Selenium: 3.75µg (5.36%), Vitamin B12: 0.08µg (1.27%)