



Korean Beef Short Ribs

 Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 árbol chiles stemmed
- 0.3 cup original barbecue sauce kraft
- 3 lb beef short ribs
- 14 oz beef broth low sodium canned
- 1 lb carrots peeled cut into 2-inch lengths
- 3 cups rice long-grain white hot cooked
- 2 Tbsp flour
- 2 Tbsp honey

- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 1 juice of orange
- 2 Tbsp soya sauce

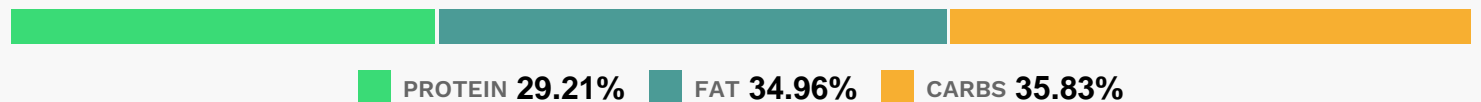
Equipment

- frying pan
- whisk
- dutch oven

Directions

- Cook ribs in 2 Tbsp. dressing 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; cover to keep warm.
- Add remaining dressing and carrots to pan; cook and stir on medium-high heat until lightly browned.
- Remove from pan.
- Return ribs to Dutch oven; add chiles. Cook and stir on medium heat 2 min. Beat broth, barbecue sauce, orange juice, honey and flour with whisk until well blended; pour over ribs. Bring to boil; cover. Simmer on low 1-1/2 hours.
- Add carrots; cook 30 min. or until ribs and carrots are tender.
- Remove ribs, carrots and chiles from sauce; discard chiles. Skim excess fat from sauce. Stir soy sauce and zest into sauce.
- Serve ribs, carrots and sauce over rice.

Nutrition Facts



Properties

Glycemic Index:58.35, Glycemic Load:31.27, Inflammation Score:-10, Nutrition Score:27.523043508115%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 508.35kcal (25.42%), Fat: 19.49g (29.99%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 42.11g (15.31%), Sugar: 15.54g (17.26%), Cholesterol: 97.68mg (32.56%), Sodium: 837.86mg (36.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.64g (73.29%), Vitamin A: 12812.18IU (256.24%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.58mg (57.19%), Selenium: 31.17µg (44.53%), Vitamin B6: 0.86mg (43.08%), Phosphorus: 392.12mg (39.21%), Vitamin B3: 7.27mg (36.34%), Potassium: 1077.17mg (30.78%), Manganese: 0.58mg (29.02%), Iron: 4.4mg (24.45%), Vitamin B2: 0.35mg (20.52%), Vitamin B1: 0.26mg (17.24%), Vitamin K: 16.24µg (15.46%), Magnesium: 61.64mg (15.41%), Vitamin C: 9.76mg (11.83%), Copper: 0.23mg (11.65%), Fiber: 2.83g (11.33%), Vitamin B5: 1.13mg (11.26%), Folate: 35.96µg (8.99%), Vitamin E: 0.86mg (5.74%), Calcium: 54.62mg (5.46%)