



Michael's Coffee Braised Short Ribs



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons mild chili powder hot
- ☐ 1 cup cooking wine dry white
- ☐ 3 cloves garlic chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 pounds short
- ☐ 1 cup strong coffee decoction brewed

☐ 1 large onion yellow chopped

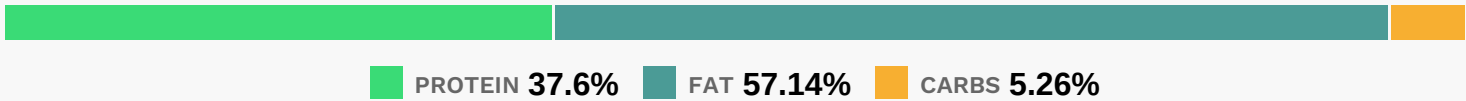
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Season the short ribs with salt and pepper, to taste. Warm the oil in a large skillet over high heat.
- ☐ Add the ribs and brown until golden, turning them once, about 8 minutes.
- ☐ Transfer the ribs to a paper towel-lined plate.
- ☐ Pour the wine and coffee into the skillet. Cook over high heat, scraping up the brown bits on the bottom, until the sauce is reduced by one forth, about 2 to 3 minutes.
- ☐ Put the ribs, onion, garlic, 2 teaspoons salt, the chili powder and oregano in a slow cooker.
- ☐ Pour in the wine sauce and cook, covered, on high for 3 1/2 hours. Uncover and cook until the ribs are falling apart, about 45 minutes more.
- ☐ Transfer the ribs and sauce to a serving dish and serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:18.229130433953%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 376.12kcal (18.81%), Fat: 21.69g (33.37%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.64g (1.32%), Sugar: 1.52g (1.69%), Cholesterol: 97.68mg (32.56%), Sodium: 122.79mg (5.34%), Alcohol: 4.12g (100%), Alcohol %: 1.88% (100%), Caffeine: 15.8mg (5.27%), Protein: 32.12g (64.23%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.07mg (53.79%), Vitamin B6: 0.73mg (36.62%), Selenium: 24.37µg (34.82%), Phosphorus: 335.15mg (33.51%), Vitamin B3: 5.9mg (29.51%), Iron: 4.04mg (22.44%), Potassium: 699.9mg (20%), Vitamin B2: 0.31mg (18.09%), Vitamin B1: 0.18mg (12%), Magnesium: 46.55mg (11.64%), Manganese: 0.18mg (8.86%), Copper: 0.14mg (7.05%), Vitamin B5: 0.7mg (6.98%), Vitamin E: 1mg (6.66%), Vitamin K: 6.07µg (5.79%), Folate: 16.91µg (4.23%), Vitamin A: 204.52IU (4.09%), Fiber: 0.86g (3.42%), Calcium: 34.11mg (3.41%), Vitamin C: 2.33mg (2.82%)