



## Oven-Braised Beef Short Ribs

 Dairy Free

READY IN



170 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 lb beef ribs trimmed of fat
- 14.5 oz canned tomatoes diced undrained canned
- 0.5 cup beef broth
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 0.3 cup flour all-purpose
- 0.3 cup chili sauce
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon marjoram dried

- 0.5 teaspoon salt
- 0.5 teaspoon highest available proof grain spirit
- 2 cups baby carrots fresh
- 1 medium onion halved thinly sliced

## Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 325°F. Spray 12-inch nonstick skillet with nonstick cooking spray.
- Heat over medium-high heat until hot.
- Add short ribs; cook 6 to 8 minutes or until browned on all sides.
- In ungreased 13x9-inch (3-quart) glass baking dish, combine tomatoes, broth, wine, flour, chili sauce, thyme, marjoram, salt and garlic-pepper blend; mix well.
- Add browned ribs, carrots and onion; stir gently to mix. (Baking dish will be full.) Cover with foil.
- Bake covered at 325°F. for 2 hours.
- Uncover baking dish, bake an additional 20 to 30 minutes or until ribs are tender and liquid is slightly thickened.

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:6.25, Inflammation Score:-10, Nutrition Score:29.239999957707%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## **Nutrients (% of daily need)**

Calories: 420.53kcal (21.03%), Fat: 20.11g (30.94%), Saturated Fat: 8.45g (52.8%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 16.05g (5.83%), Sugar: 9.91g (11.01%), Cholesterol: 113.96mg (37.99%), Sodium: 671.19mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.6g (79.2%), Vitamin A: 6126.91IU (122.54%), Vitamin B12: 6.56µg (109.37%), Zinc: 9.63mg (64.17%), Vitamin B6: 0.96mg (47.93%), Selenium: 30.77µg (43.95%), Phosphorus: 425.04mg (42.5%), Vitamin B3: 8.38mg (41.91%), Iron: 5.95mg (33.03%), Potassium: 1095.82mg (31.31%), Vitamin B2: 0.4mg (23.35%), Vitamin B1: 0.31mg (20.55%), Copper: 0.35mg (17.28%), Magnesium: 67.5mg (16.87%), Vitamin C: 12.82mg (15.54%), Manganese: 0.29mg (14.36%), Fiber: 3.34g (13.35%), Folate: 47.15µg (11.79%), Vitamin B5: 1.03mg (10.34%), Vitamin K: 9.46µg (9.01%), Vitamin E: 1.34mg (8.92%), Calcium: 63.61mg (6.36%)