



Oven-Braised Beef Short Ribs

 Dairy Free

READY IN



170 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 1 medium onion halved thinly sliced
- ☐ 0.5 teaspoon garlic
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon thyme leaves dried

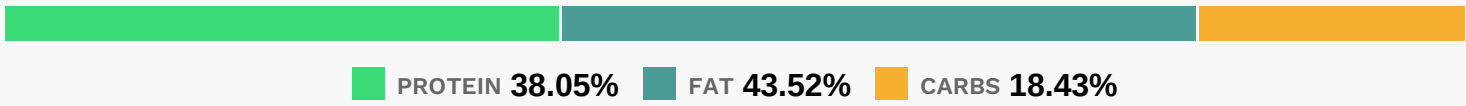
Equipment

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

Directions

- ☐ Heat oven to 325F. 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 325F. 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:45.17, Glycemic Load:6.12, Inflammation Score:-10, Nutrition Score:29.20608663559%

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: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 419.43kcal (20.97%), Fat: 20.11g (30.94%), Saturated Fat: 8.45g (52.79%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 15.84g (5.76%), Sugar: 9.9g (11%), Cholesterol: 113.96mg (37.99%), Sodium: 671.2mg (29.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.55g (79.11%), Vitamin A: 6126.85IU (122.54%), Vitamin B12: 6.56µg (109.37%), Zinc: 9.6mg (64.03%), Vitamin B6: 0.96mg (48.01%), Selenium: 30.79µg (43.98%), Phosphorus: 423.65mg (42.36%), Vitamin B3: 8.36mg (41.78%), Iron: 5.94mg (33.01%), Potassium: 1095.07mg (31.29%), Vitamin B2: 0.4mg (23.3%), Vitamin B1: 0.31mg (20.55%), Copper: 0.34mg (17.21%), Magnesium: 66.84mg (16.71%), Vitamin C: 12.9mg (15.64%), Manganese: 0.29mg (14.3%), Fiber: 3.32g (13.27%), Folate: 46.77µg (11.69%), Vitamin B5: 1.03mg (10.31%), Vitamin K: 9.45µg (9%), Vitamin E: 1.33mg (8.9%), Calcium: 63.97mg (6.4%)