

food
network



HEALTH SCORE

51%

Penne with Braised Short Ribs

READY IN



180 min.

SERVINGS



6

CALORIES



824 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 pounds beef short ribs
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 cloves garlic coarsely chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 cups beef broth low-sodium
- ☐ 0.3 cup olive oil
- ☐ 1 large onion diced
- ☐ 0.3 cup parmesan freshly grated

- ☐ 1 pound penne pasta
- ☐ 1 cup red wine such as cabernet sauvignon
- ☐ 5 roma tomatoes cut into eighths

Equipment

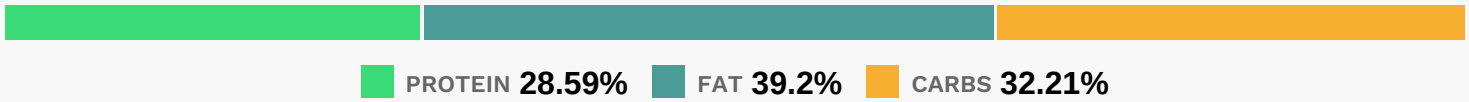
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Place an oven rack in the lower 1/3 of the oven. Preheat the oven to 350 degrees F.
- ☐ Season the ribs with salt and pepper. In a large heavy-bottomed Dutch oven or ovenproof stock pot, heat the oil over medium-high heat. In batches, add the ribs and brown on all sides, about 8 to 10 minutes.
- ☐ Remove the ribs and set aside.
- ☐ Add the onion and garlic and cook, stirring frequently, for 2 minutes.
- ☐ Add the tomatoes, wine and mustard. Bring the mixture to a boil and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Return the ribs to the pan.
- ☐ Add the beef broth, cover the pan and place in the oven for 2 1/2 hours until the meat is fork-tender and falls easily from the bone.
- ☐ Remove the ribs from the cooking liquid. Using a large spoon, remove any excess fat from the surface of the cooking liquid. Using a ladle, transfer the cooking liquid in the bowl of a food processor. Process until the mixture is smooth.

- ☐ Pour the sauce into a saucepan and keep warm over low heat.
- ☐ Remove the meat from the bones. Discard the bones. Using 2 forks, shred the meat into small pieces. Stir the shredded meat into the sauce. Season with salt and pepper, to taste.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain the pasta and place in a large serving bowl. Using a slotted spoon, remove the meat from the sauce and add to the pasta.
- ☐ Pour 1 cup of the sauce over the pasta. Toss well and thin out the pasta with more sauce, if needed.
- ☐ Sprinkle the pasta with Parmesan cheese and chopped parsley before serving.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:23.97, Inflammation Score:-8, Nutrition Score:34.404347819479%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 823.72kcal (41.19%), Fat: 34.12g (52.5%), Saturated Fat: 11.74g (73.4%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 59.16g (21.51%), Sugar: 4.61g (5.13%), Cholesterol: 133.07mg (44.36%), Sodium: 449.37mg (19.54%), Alcohol: 4.2g (100%), Alcohol %: 1.03% (100%), Protein: 55.99g (111.99%), Vitamin B12: 7.53µg (125.56%), Selenium: 83.4µg (119.14%), Zinc: 11.96mg (79.71%), Phosphorus: 622.87mg (62.29%), Vitamin B6: 1.07mg (53.49%), Vitamin K: 51.05µg (48.62%), Vitamin B3: 9.25mg (46.25%), Manganese: 0.89mg (44.46%), Potassium: 1311.97mg

(37.48%), Iron: 6.34mg (35.21%), Magnesium: 104.04mg (26.01%), Vitamin B2: 0.42mg (25%), Vitamin B1: 0.33mg (21.81%), Copper: 0.43mg (21.37%), Fiber: 3.93g (15.7%), Vitamin C: 12.75mg (15.46%), Vitamin A: 680.03IU (13.6%), Vitamin B5: 1.17mg (11.71%), Vitamin E: 1.72mg (11.46%), Folate: 44.03µg (11.01%), Calcium: 105.21mg (10.52%)