



Pressure Cooker Cola-Braised Beef Short Ribs

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds beef ribs
- 1.5 teaspoons pepper black freshly ground
- 1.5 teaspoons ground pepper
- 2 cups coca-cola such as coca-cola (not diet)
- 2 tablespoons cornstarch
- 6 medium garlic clove peeled smashed
- 0.5 teaspoon ground cumin
- 2 teaspoons kosher salt

- 2 tablespoons olive oil
- 2 teaspoons paprika
- 2 tablespoons soya sauce
- 2 tablespoons water
- 2 tablespoons worcestershire sauce
- 0.5 medium onion yellow

Equipment

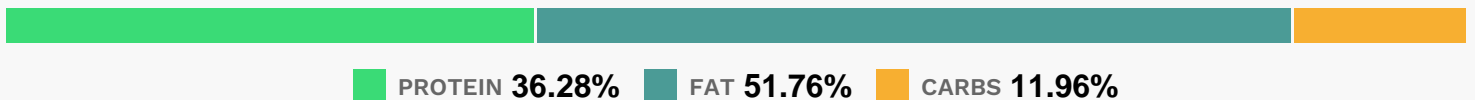
- bowl
- whisk
- sieve
- wooden spoon
- stove
- pressure cooker

Directions

- Combine the salt, paprika, black pepper, cayenne, and cumin in a small bowl. Evenly rub the spice mix on all sides of the ribs; set aside.
- Heat the oil in a 6-quart stovetop pressure cooker over medium heat until shimmering. Working in batches, add enough short ribs to cover the bottom of the cooker without crowding them. Sear, turning occasionally, until the ribs are browned on all sides, about 6 minutes.
- Transfer to a large plate and repeat with the remaining ribs.
- Add the garlic and onion and cook, stirring occasionally, until softened, about 4 minutes.
- Add the cola, soy sauce, and Worcestershire and, using a wooden spoon, scrape up the browned bits from the bottom of the pressure cooker. Return the ribs to the pressure cooker, turn to coat them in the sauce, and lock the lid in place. Increase the stovetop heat to high and bring the cooker to high pressure. Reduce the stovetop heat to medium and cook for 30 minutes, adjusting the heat as necessary to maintain a visible, steady stream of escaping steam. Meanwhile, set a strainer over a large bowl; set aside.

- Remove the pressure cooker from the heat and allow the pressure to come down naturally for 15 minutes. Carefully quick-release any pressure left in the cooker, then remove the lid (keep your face away from the escaping steam).
- Transfer the ribs to a large plate and set aside.
- Pour the liquid through the strainer and return the contents of the strainer to the pressure cooker. Using a large spoon, skim off and discard the fat from the strained liquid and return the liquid to the pressure cooker (alternatively you can use a fat separator). Return the pressure cooker to the stove over medium-high heat and bring the mixture to a boil.
- Place the cornstarch and water in a small bowl, whisk to combine, and add half of the mixture to the pressure cooker. Cook, whisking constantly, until the sauce is glossy and thickened, about 30 seconds (add more cornstarch mixture as necessary if you want a thicker sauce).
- Remove from the heat, add the reserved ribs, and turn to coat them in the sauce.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:5.38, Inflammation Score:-5, Nutrition Score:22.882174004679%

Flavonoids

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: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 483.86kcal (24.19%), Fat: 27.43g (42.21%), Saturated Fat: 10.25g (64.06%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.46g (4.89%), Sugar: 8.27g (9.19%), Cholesterol: 130.24mg (43.41%), Sodium: 1333.06mg (57.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.29mg (2.1%), Protein: 43.27g (86.55%), Vitamin B12: 7.48µg (124.72%), Zinc: 10.71mg (71.43%), Vitamin B6: 0.95mg (47.49%), Selenium: 32.61µg (46.59%), Phosphorus: 451.26mg (45.13%), Vitamin B3: 7.96mg (39.82%), Iron: 5.75mg (31.96%), Potassium: 908.29mg (25.95%), Vitamin B2: 0.38mg (22.14%), Vitamin B1: 0.23mg (15.38%), Magnesium: 56.93mg (14.23%), Vitamin A: 546.19IU (10.92%), Manganese: 0.22mg (10.89%), Copper: 0.2mg (10.13%), Vitamin B5: 0.78mg (7.82%), Vitamin E: 1.03mg (6.9%), Vitamin K: 4.72µg (4.49%), Folate: 17.57µg (4.39%), Calcium: 40.8mg (4.08%), Vitamin C: 2.75mg

(3.34%), Fiber: 0.8g (3.21%)