



WHATSheATE



Provençal Short Ribs with Olives and Herbs

 Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 15 ounce frangelico whole peeled canned
- ☐ 2 carrots cut into 1/2-inch pieces
- ☐ 1 rib celery stalks cut into 1/2-inch pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh

- ☐ 2 cups red wine such as côtes du Rhône or Bordeaux
- ☐ 3 large garlic clove chopped
- ☐ 3.5 ounces kalamata olives dry pitted rinsed
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 navel oranges
- ☐ 4 tablespoons olive oil divided
- ☐ 6 servings potatoes
- ☐ 2 medium onion red cut into 1-inch pieces
- ☐ 6 servings salt
- ☐ 5 pounds beef ribs (not cross-cut flanken)

Equipment

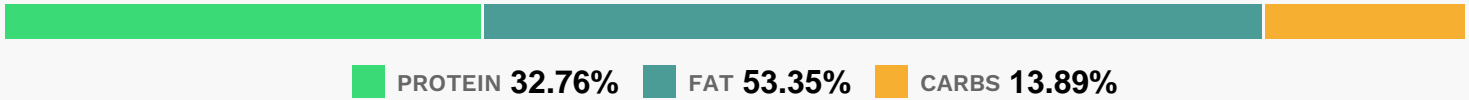
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Heat oven to 350°F with rack in lower third.
- ☐ Stir together flour with 1 1/2 teaspoons salt and 1/2 teaspoon pepper in a bowl. Pat ribs dry and lightly dredge in flour mixture, knocking off excess.
- ☐ Heat 2 tablespoons oil in a wide 6- to 8-quart heavy pot over medium-high heat until it shimmers. Brown ribs in 3 batches, about 8 minutes per batch.
- ☐ Transfer as browned to a platter. Discard fat from pot.
- ☐ Cook onions, carrots, and celery in remaining 2 tablespoons oil with 1/2 teaspoon salt over medium heat, stirring occasionally, until just softened and beginning to brown, 8 to 10 minutes.

- ☐ Add garlic and herbs and cook, stirring frequently, until garlic is softened and fragrant, 2 minutes.
- ☐ Add wine and boil until reduced by half, about 8 minutes, then stir in broth, tomatoes with juice, and vinegar and bring to a simmer.
- ☐ Return ribs to pot. Cover with the lid, then place in oven, and braise until ribs are fork-tender, 3 to 3 1/4 hours.
- ☐ Transfer ribs with a slotted spoon to a bowl.
- ☐ Let cooking liquid stand briefly, then skim fat from top. Stir in olives. Adjust seasoning to taste, if necessary.
- ☐ Return meat to pot. Grate zest from orange over top just before serving.
- ☐ •Short ribs can be braised up to 3 days ahead. Once braised, bring to room temperature, uncovered, then keep chilled, covered. •Instead of a large heavy pot, you can use a 12-inch heavy skillet to brown the short ribs and cook the vegetables, transferring them as browned to a small nonreactive roasting pan. Deglaze the skillet with the wine, then pour it into the roasting pan with the remaining ingredients. Cover the pan tightly with heavy-duty foil (or a double layer of regular foil), then bring the liquid to a simmer, before transferring the pan to the oven.

Nutrition Facts



Properties

Glycemic Index:72.76, Glycemic Load:8.6, Inflammation Score:-10, Nutrition Score:34.526521848596%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 5.61mg, Hesperetin: 5.61mg, Hesperetin: 5.61mg, Hesperetin: 5.61mg Naringenin: 3.24mg, Naringenin: 3.24mg, Naringenin: 3.24mg, Naringenin: 3.24mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg

1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg
Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.4mg, Quercetin: 8.4mg,
Quercetin: 8.4mg, Quercetin: 8.4mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg,
Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 757.54kcal (37.88%), Fat: 40.71g (62.63%), Saturated Fat: 13.78g (86.1%), Carbohydrates: 23.86g (7.95%),
Net Carbohydrates: 21.08g (7.66%), Sugar: 10g (11.11%), Cholesterol: 162.8mg (54.27%), Sodium: 682.06mg
(29.65%), Alcohol: 8.48g (100%), Alcohol %: 1.64% (100%), Protein: 56.26g (112.52%), Vitamin B12: 9.43µg (157.21%),
Zinc: 13.64mg (90.94%), Vitamin A: 3598.22IU (71.96%), Vitamin B6: 1.26mg (62.83%), Selenium: 42.82µg (61.18%),
Phosphorus: 608.35mg (60.84%), Vitamin B3: 11.51mg (57.56%), Iron: 7.64mg (42.44%), Potassium: 1385.43mg
(39.58%), Vitamin B2: 0.55mg (32.42%), Vitamin B1: 0.37mg (24.82%), Vitamin C: 20.39mg (24.71%), Magnesium:
90.21mg (22.55%), Manganese: 0.38mg (19.15%), Copper: 0.33mg (16.28%), Vitamin E: 2.16mg (14.38%), Folate:
50.86µg (12.71%), Vitamin B5: 1.13mg (11.27%), Fiber: 2.78g (11.11%), Vitamin K: 9.28µg (8.84%), Calcium: 85.44mg
(8.54%)