



Pulled Beef Short Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups beef broth
- 2 pounds beef short ribs boneless
- 4 servings bouquet garnic
- 1 tablespoon canola oil divided
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 1 cup cooking wine dry red
- 4 garlic cloves crushed

- 0.8 cup onion chopped
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt

Equipment

- frying pan
- oven
- sieve
- dutch oven
- cheesecloth

Directions

- Heat 2 teaspoons oil in a large, ovenproof Dutch oven.
- Sprinkle ribs with salt and pepper. Brown ribs on all sides.
- Add remaining 1 teaspoon oil to pan; saut onion, carrot, and celery 2 minutes or until browned.
- Add garlic; cook 3 minutes. Return ribs to pan.
- Add wine and bouquet garni, and cook 15 minutes or until almost evaporated.
- Add broth; bring to a boil. Cover and place pan in oven.
- Bake 2 hours, stirring often.
- Remove lid; bake 1 more hour or until ribs are very tender.
- Let cool 2 hours.
- Transfer meat to a plate.
- Pour broth mixture through a fine wire-mesh strainer, and reserve broth for dipping sandwiches, if desired. Shred meat with 2 forks.
- *Note: A bouquet garni is fragrant herbssuch as parsley, bay leaves, and thymetied together or bundled in cheesecloth (for easy removal) used to flavor soups, stews, and broths.
- For more of Govind's recipes, check out his Small Bites, Big Nights (Clarkson Potter, 2007), available at amazon.com.

Nutrition Facts



PROTEIN 40.04% FAT 53.01% CARBS 6.95%

Properties

Glycemic Index:41.96, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:27.24826103708%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 513.52kcal (25.68%), Fat: 27.19g (41.82%), Saturated Fat: 10.31g (64.43%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 6.36g (2.31%), Sugar: 2.27g (2.52%), Cholesterol: 133.81mg (44.6%), Sodium: 986.01mg (42.87%), Alcohol: 6.3g (100%), Alcohol %: 1.5% (100%), Protein: 46.19g (92.39%), Vitamin B12: 7.81µg (130.24%), Zinc: 11.02mg (73.46%), Vitamin A: 2811.88IU (56.24%), Vitamin B6: 1.02mg (50.97%), Selenium: 34.61µg (49.45%), Phosphorus: 479.49mg (47.95%), Vitamin B3: 9.44mg (47.19%), Iron: 6.23mg (34.63%), Potassium: 1063.63mg (30.39%), Vitamin B2: 0.42mg (24.61%), Vitamin B1: 0.25mg (16.85%), Magnesium: 64.23mg (16.06%), Vitamin K: 14.9µg (14.19%), Manganese: 0.25mg (12.26%), Copper: 0.2mg (10.09%), Vitamin B5: 0.89mg (8.93%), Folate: 33.34µg (8.34%), Calcium: 72.15mg (7.21%), Fiber: 1.66g (6.63%), Vitamin C: 5.01mg (6.07%), Vitamin E: 0.78mg (5.19%)