



Red Wine Braised Beef Short Ribs

READY IN

ready

195 min.

SERVINGS

servings

6

CALORIES

calories

212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce baby portobello mushrooms quartered
- ☐ 30 inch long beef short ribs
- ☐ 2 tablespoons canola oil
- ☐ 1.5 cups carrots chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 sprigs rosemary fresh
- ☐ 1 teaspoon ground pepper
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 2 cups onions chopped

- ☐ 2 cups red wine
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon tomato paste

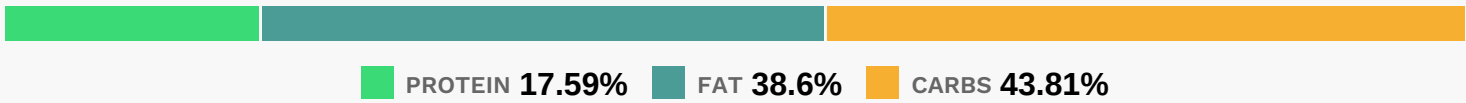
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat theoven to 325 degrees F.
- ☐ Heat theoil in a large Dutch oven over medium-high heat.
- ☐ Sprinkle theshort ribs with thesalt and pepper and sear in thehot oil on all sides until well browned, 8to10 minutes.
- ☐ Remove theshort ribs from thepan.
- ☐ Add theonions, carrots and mushrooms to thedrippings in thepan. Cook untilthemushrooms have released their liquid, about7 minutes.
- ☐ Sprinkle in the flour and stir until smooth. Stir in thechicken broth, red wine, tomato paste and rosemary sprigs. Cook over high heat, stirring frequently, until reduced by half, about10 minutes. Arrange theshort ribs in thevegetable mixture, cover and bake until the meat is tender, about2 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:15.795652213304%

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: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 211.66kcal (10.58%), Fat: 6.89g (10.6%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 14.51g (5.28%), Sugar: 6.6g (7.34%), Cholesterol: 7.49mg (2.5%), Sodium: 281.09mg (12.22%), Alcohol: 8.48g (100%), Alcohol %: 3.12% (100%), Protein: 7.07g (14.13%), Vitamin A: 5393.03IU (107.86%), Vitamin B3: 5.77mg (28.86%), Selenium: 17.78µg (25.4%), Potassium: 706.01mg (20.17%), Phosphorus: 181.28mg (18.13%), Manganese: 0.35mg (17.57%), Vitamin B6: 0.33mg (16.58%), Copper: 0.33mg (16.45%), Vitamin B2: 0.22mg (13.09%), Fiber: 3.09g (12.36%), Folate: 46.25µg (11.56%), Vitamin B5: 1.1mg (11.05%), Zinc: 1.41mg (9.43%), Vitamin B1: 0.14mg (9.17%), Vitamin B12: 0.55µg (9.12%), Iron: 1.54mg (8.57%), Vitamin K: 8.95µg (8.52%), Vitamin E: 1.17mg (7.83%), Vitamin C: 6.43mg (7.8%), Magnesium: 24.93mg (6.23%), Calcium: 38.99mg (3.9%), Vitamin D: 0.23µg (1.51%)