



HEALTH SCORE

40%

Red Wine Braised Short Ribs



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



1043 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 8 lbs beef ribs
- 1 tablespoon peppercorns black
- 2 carrots peeled chopped
- 3 rib celery stalks chopped
- 2 celery root chopped (celeriac)
- 750 ml wine dry red
- 1 bunch parsley fresh

- 1 bunch rosemary leaves fresh
- 1 bunch thyme sprigs fresh
- 10 garlic clove peeled
- 1 leek chopped
- 2 onion chopped
- 750 ml port wine (or another bottle of red wine)
- 1 tablespoon salt
- 8 servings pepper black freshly ground
- 3 tablespoons tomato paste
- 2 turnip chopped
- 8 tablespoons vegetable oil divided

Equipment

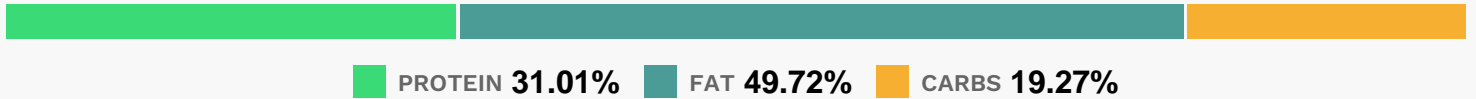
- frying pan
- oven
- pot
- aluminum foil
- dutch oven

Directions

- Season the short ribs with salt and pepper.
- Heat the oil in a Dutch oven over high heat. Sear ribs, in batches, on all sides until well browned.
- Remove ribs and set aside.
- Add a couple of cups of wine into the Dutch oven to deglaze pan, scraping all the brown bits that may have stuck to the pan.
- Pour out and reserve. Preheat oven to 350F. Wipe out pan and add 5 tablespoons oil and the onions, leeks, carrots, turnips, celery root, celery, and garlic. Brown over medium heat, then add tomato paste and cook 5 minutes more.

- Add the herbs and return the short ribs. Also add the deglazing liquid, the rest of the wine, the port, peppercorns, and 1 tablespoon salt.
- Add enough water to cover contents by at least 1 inch. Cover pot with aluminum foil and place in oven for 4 to 5 hours, until the meat easily separates from the bone.
- Remove meat and cover tightly with the foil. Over high heat, reduce the braising liquid by about 80%, it will be dark and syrupy. Strain.

Nutrition Facts



Properties

Glycemic Index:57.73, Glycemic Load:7.74, Inflammation Score:-10, Nutrition Score:47.946521883426%

Flavonoids

Petunidin: 9.46mg, Petunidin: 9.46mg, Petunidin: 9.46mg, Petunidin: 9.46mg Delphinidin: 7.68mg, Delphinidin: 7.68mg, Delphinidin: 7.68mg, Delphinidin: 7.68mg Malvidin: 115.14mg, Malvidin: 115.14mg, Malvidin: 115.14mg, Malvidin: 115.14mg Peonidin: 5.5mg, Peonidin: 5.5mg, Peonidin: 5.5mg, Peonidin: 5.5mg Catechin: 16.7mg, Catechin: 16.7mg, Catechin: 16.7mg, Catechin: 16.7mg Epicatechin: 17.33mg, Epicatechin: 17.33mg, Epicatechin: 17.33mg, Epicatechin: 17.33mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 19.3mg, Apigenin: 19.3mg, Apigenin: 19.3mg, Apigenin: 19.3mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 1042.74kcal (52.14%), Fat: 48.14g (74.07%), Saturated Fat: 16.62g (103.87%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 36.34g (13.22%), Sugar: 14.32g (15.91%), Cholesterol: 195.36mg (65.12%), Sodium: 1345.4mg (58.5%), Alcohol: 24.54g (100%), Protein: 67.56g (135.11%), Vitamin K: 218.94µg (208.51%), Vitamin B12: 11.23µg (187.08%), Zinc: 16.8mg (112%), Vitamin B6: 1.74mg (87.04%), Phosphorus: 867.97mg (86.8%), Selenium: 50.7µg (72.43%), Vitamin A: 3474.71IU (69.49%), Vitamin B3: 13.32mg (66.61%), Potassium: 2065.29mg (59.01%), Iron: 9.9mg (55.02%), Vitamin C: 36.57mg (44.32%), Manganese: 0.85mg (42.52%), Vitamin B2: 0.68mg (39.97%), Magnesium: 135.63mg (33.91%), Vitamin B1: 0.47mg (31.36%), Copper: 0.51mg (25.44%), Fiber: 5.62g (22.49%), Vitamin B5: 1.9mg (18.99%), Folate: 65.53µg (16.38%), Calcium: 160.31mg (16.03%), Vitamin E: 2.24mg (14.96%)