



Red Wine-Braised Short Ribs With Lemon-Herb Gremolata

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 28 ounce canned tomatoes whole crushed peeled canned
- ☐ 2 cups wine dry red
- ☐ 1 cup flour
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 4 servings pepper black freshly ground

- ☐ 2 tablespoons lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion quartered
- ☐ 1 orange zest
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 15.4 ounce roasted peppers red drained roughly chopped
- ☐ 8 ounce rib beef ribs bone-in (8-ounce)
- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons worcestershire sauce

Equipment

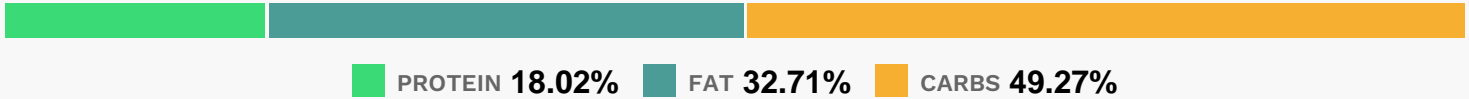
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Adjust oven rack to lower-middle position and preheat oven to 325°F.
- ☐ Combine flour, 1½ teaspoons salt and 1 teaspoon pepper in a large, shallow dish. Dredge short ribs in flour mixture, coating all sides and shaking off excess.
- ☐ Heat olive oil in a large Dutch oven over high heat until smoking. Brown short ribs two at a side, turning until well browned on all sides, about 8 minutes total per batch.
- ☐ Transfer seared ribs to a large plate.
- ☐ Add red wine to pan, scraping browned bits off the bottom with a wooden spoon. Bring to a boil and allow to simmer for a minute before adding tomatoes, Worcestershire sauce, red peppers, bay leaves, onion, orange zest, garlic and sugar. Return to a boil, cover, place in oven and braise until meat is tender, 2 ½ to 3 hours, turning ribs half way through cooking. Season braising liquid to taste with salt and pepper.
- ☐ While the short ribs are cooking, combine the lemon zest, parsley, garlic, and pepper flakes. Season to taste with salt.

- ☐ When meat is finished, allow to rest for at least 10 minutes, or for better results, cool and reheat the next day. Discard bay leaves, onions, zest and garlic.
- ☐ Place short ribs on a platter, drizzle with braising liquid and top with a gentle shower of gremolata.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:18.97, Inflammation Score:-9, Nutrition Score:26.126521794692%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 457.37kcal (22.87%), Fat: 13.78g (21.2%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 41.25g (15%), Sugar: 8.49g (9.43%), Cholesterol: 33.45mg (11.15%), Sodium: 1932.87mg (84.04%), Alcohol: 12.6g (100%), Alcohol %: 2.81% (100%), Protein: 17.08g (34.17%), Vitamin C: 83.23mg (100.88%), Vitamin K: 43.5µg (41.43%), Vitamin B6: 0.71mg (35.54%), Iron: 6.29mg (34.95%), Vitamin B12: 1.92µg (32.03%), Manganese: 0.62mg (31.15%), Vitamin B3: 5.99mg (29.93%), Vitamin B1: 0.44mg (29.54%), Selenium: 19.69µg (28.13%), Folate: 104.41µg (26.1%), Potassium: 908.38mg (25.95%), Vitamin B2: 0.41mg (24.3%), Zinc: 3.53mg (23.51%), Phosphorus: 218.38mg (21.84%), Fiber: 5.46g (21.82%), Vitamin A: 1068.96IU (21.38%), Copper: 0.41mg (20.28%), Vitamin E: 2.52mg (16.77%), Magnesium: 59.97mg (14.99%), Calcium: 145.86mg (14.59%), Vitamin B5: 0.67mg (6.68%)