



WHATSheATE



Red Wine-Braised Shortribs



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef stock
- ☐ 5 pound beef ribs bone-in
- ☐ 3 medium carrots peeled chopped
- ☐ 2 celery stalks chopped
- ☐ 750 milliliter wine dry red (preferably Cabernet Sauvignon)
- ☐ 10 sprigs flat parsley
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 bay leaves fresh

- ☐ 1 head garlic halved
- ☐ 6 servings pepper black freshly ground
- ☐ 3 medium onion chopped
- ☐ 4 sprigs oregano
- ☐ 2 sprigs rosemary
- ☐ 8 sprigs thyme leaves
- ☐ 1 tablespoon tomato paste
- ☐ 3 tablespoons vegetable oil

Equipment

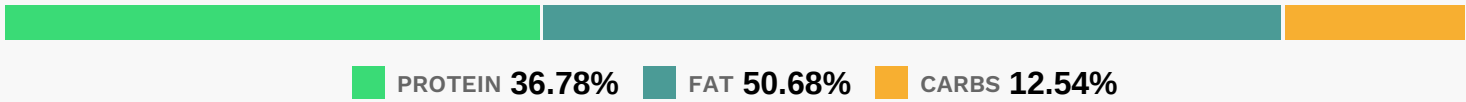
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350°F. Season short ribs with salt and pepper.
- ☐ Heat oil in a large Dutch oven over medium-high heat. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch.
- ☐ Transfer short ribs to a plate.
- ☐ Pour off all but 3 tablespoons drippings from pot.
- ☐ Add onions, carrots, and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes.
- ☐ Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2–3 minutes. Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes.
- ☐ Add all herbs to pot along with garlic. Stir in stock. Bring to a boil, cover, and transfer to oven.
- ☐ Cook until short ribs are tender, 2–2 1/2 hours.
- ☐ Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper.
- ☐ Serve in shallow bowls over mashed potatoes with sauce spooned over.

☐ To test if the ribs are done, pull on a bone. It should slide out freely.

Nutrition Facts



Properties

Glycemic Index:73.31, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:37.995652012203%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Apigenin: 3.67mg, Apigenin: 3.67mg, Apigenin: 3.67mg, Apigenin: 3.67mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg

Nutrients (% of daily need)

Calories: 726.95kcal (36.35%), Fat: 35.37g (54.41%), Saturated Fat: 13.12g (82.01%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 16.71g (6.08%), Sugar: 5.11g (5.68%), Cholesterol: 162.8mg (54.27%), Sodium: 543.84mg (23.65%), Alcohol: 13.31g (100%), Alcohol %: 2.51% (100%), Protein: 57.76g (115.52%), Vitamin B12: 9.35µg (155.9%), Vitamin A: 5373.58IU (107.47%), Zinc: 13.81mg (92.06%), Vitamin B6: 1.36mg (68%), Selenium: 44.11µg (63.01%), Phosphorus: 618.8mg (61.88%), Vitamin B3: 11.62mg (58.12%), Vitamin K: 53.48µg (50.94%), Potassium: 1548.2mg (44.23%), Iron: 7.8mg (43.31%), Vitamin B2: 0.65mg (38.06%), Vitamin B1: 0.4mg (26.87%), Magnesium: 91.18mg (22.79%), Manganese: 0.37mg (18.72%), Copper: 0.36mg (17.75%), Vitamin C: 12.37mg (14.99%), Folate: 50.28µg (12.57%), Fiber: 2.98g (11.9%), Vitamin B5: 1.11mg (11.11%), Calcium: 98.23mg (9.82%), Vitamin E: 1.17mg (7.77%)