



HEALTH SCORE

57%

Red Wine Short Ribs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1027 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds beef short ribs
- ☐ 14.5 oz canned tomatoes diced italian-style canned
- ☐ 2 carrots coarsely chopped
- ☐ 2 rib celery coarsely chopped
- ☐ 1 cup chicken broth
- ☐ 2 cups cooking wine dry red
- ☐ 6 garlic cloves pressed
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 onion coarsely chopped
- ☐ 1 oregano sprig fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 rosemary sprig fresh
- ☐ 1 thyme sprig fresh

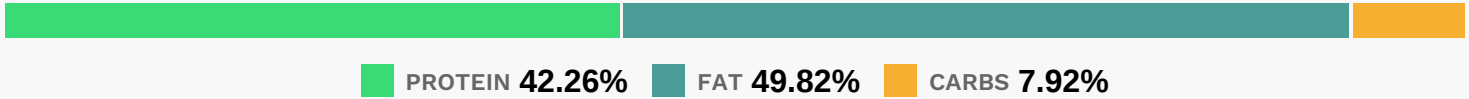
Equipment

- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Sprinkle ribs evenly with 1/2 tsp. salt and 1/2 tsp. pepper. Cook ribs, in batches, in a large ovenproof Dutch oven over medium-high heat 4 to 5 minutes on each side or until browned.
- ☐ Remove ribs to a large bowl, and drain Dutch oven.
- ☐ Reduce heat to medium; add garlic and next 3 ingredients to Dutch oven. Cook, stirring occasionally, 6 to 7 minutes or until vegetables are tender and browned. Stir in tomatoes and next 5 ingredients. Return ribs to Dutch oven, and bring to a boil; cover tightly with heavy-duty aluminum foil and lid.
- ☐ Bake at 350 for 3 1/2 to 4 hours or until ribs are very tender.
- ☐ Remove ribs and herbs. Discard herbs; keep ribs warm.
- ☐ Drain vegetable mixture through a fine wire-mesh strainer into a large bowl.
- ☐ Pour gravy into an 8-cup glass measuring cup.
- ☐ Let stand 30 minutes, and skim fat from gravy.
- ☐ Add strained gravy and vegetables back to Dutch oven. Return to a boil over medium-high heat, and cook, uncovered, 20 minutes or until thickened.
- ☐ Serve gravy over short ribs.

Nutrition Facts



Properties

Glycemic Index:63.96, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:48.169130366781%

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 Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 1027.42kcal (51.37%), Fat: 51.18g (78.75%), Saturated Fat: 21.6g (134.98%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 14.69g (5.34%), Sugar: 7.45g (8.28%), Cholesterol: 294.22mg (98.07%), Sodium: 990.65mg (43.07%), Alcohol: 12.6g (100%), Alcohol %: 1.89% (100%), Protein: 97.71g (195.42%), Vitamin B12: 16.85µg (280.82%), Zinc: 24.25mg (161.67%), Vitamin B6: 2.23mg (111.38%), Vitamin A: 5345.46IU (106.91%), Selenium: 73.21µg (104.58%), Phosphorus: 1005.78mg (100.58%), Vitamin B3: 18.72mg (93.59%), Iron: 12.51mg (69.51%), Potassium: 2251.66mg (64.33%), Vitamin B2: 0.89mg (52.16%), Vitamin B1: 0.6mg (39.94%), Magnesium: 139.74mg (34.93%), Copper: 0.58mg (29.25%), Manganese: 0.49mg (24.56%), Vitamin B5: 2.03mg (20.34%), Vitamin C: 15.17mg (18.39%), Fiber: 3.62g (14.47%), Folate: 55.52µg (13.88%), Vitamin K: 11.77µg (11.21%), Calcium: 108.85mg (10.88%), Vitamin E: 1.57mg (10.45%)