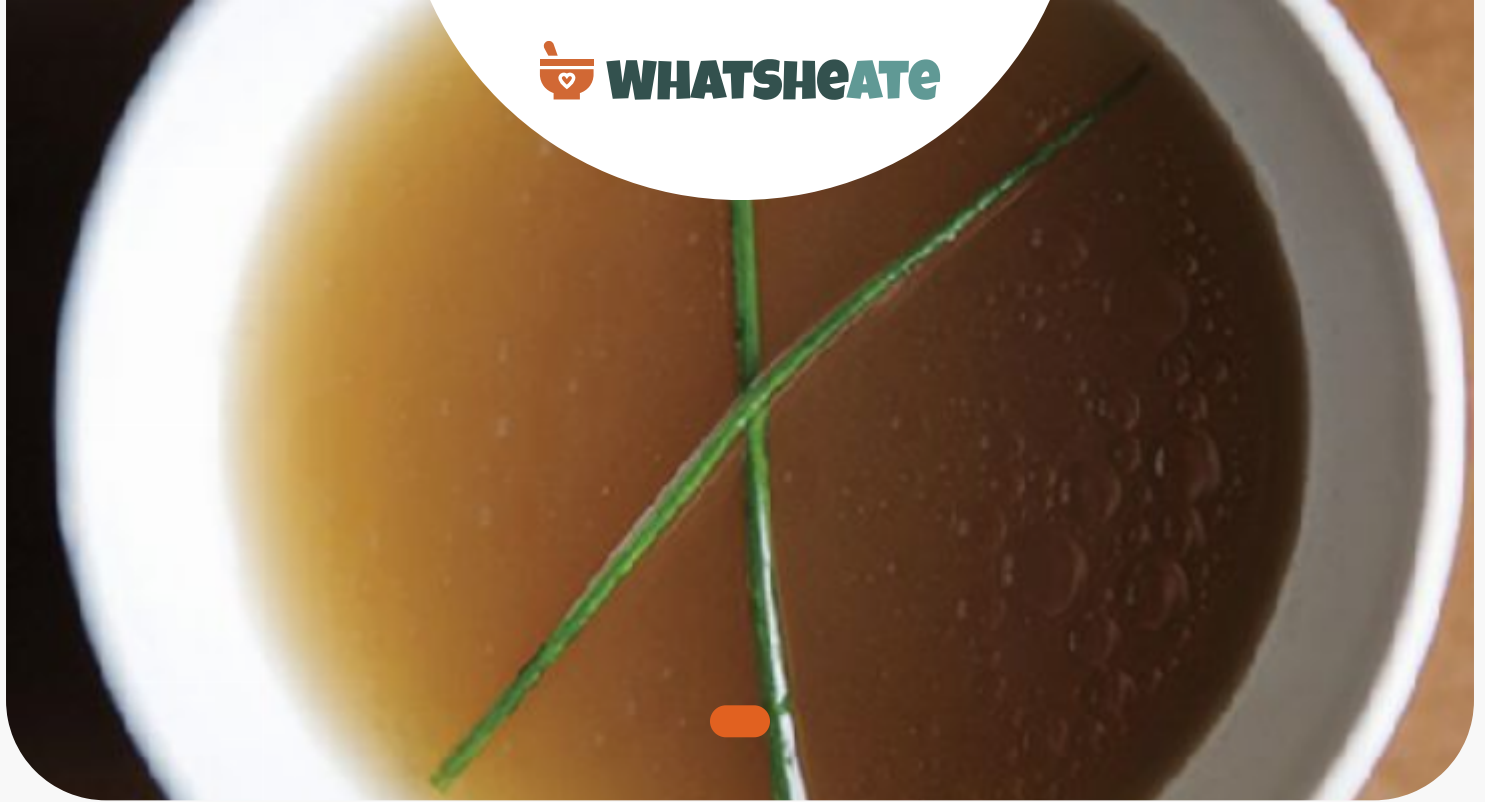




Restorative Beef Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef short ribs bone-in (15 individual ribs)
- ☐ 3 garlic cloves crushed
- ☐ 8 servings kosher salt
- ☐ 1 medium onion halved
- ☐ 3 ounces prune- cut to pieces pitted

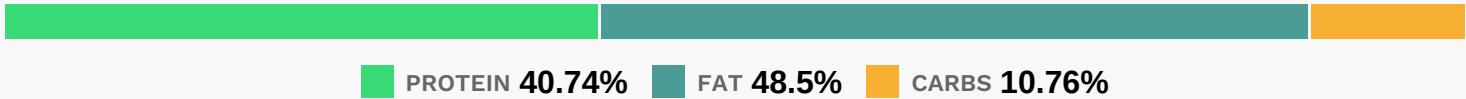
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Combine short ribs, onion, prunes, andgarlic in a very large heavy pot; add 6 quartswater (preferably filtered or spring water).If unable to add all water at once, pour inremaining liquid later as broth reduces.Bring to a boil over medium-high heat,skimming any foam from the surface. Coverwith lid slightly ajar. Reduce heat to low andsimmer very gently, occasionally skimmingthe surface, until meat is tender, about2 1/2 hours. Uncover; simmer until brothis intensely flavored, about 3 hours longer.
- ☐ Place a fine-mesh sieve over anotherlarge pot; line with a layer of cheeseclothand strain broth (you should have about8 cups).
- ☐ Remove beef from bones in strainerand reserve for another use; discardremaining solids in strainer. Spoon fat fromsurface of broth. Season to taste with salt.DO AHEAD: Can be made 3 days ahead.Cover and chill. Rewarm before serving.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:2.14, Inflammation Score:-3, Nutrition Score:17.167391412932%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 319.11kcal (15.96%), Fat: 16.93g (26.05%), Saturated Fat: 7.18g (44.91%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.44g (2.7%), Sugar: 4.64g (5.16%), Cholesterol: 97.68mg (32.56%), Sodium: 302.36mg (13.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.99%), Vitamin B12: 5.61µg (93.54%), Zinc: 8mg (53.32%), Vitamin B6: 0.7mg (34.9%), Selenium: 24.1µg (34.43%), Phosphorus: 327.61mg (32.76%), Vitamin B3: 5.87mg (29.36%), Iron: 3.72mg (20.69%), Potassium: 693.5mg (19.81%), Vitamin B2: 0.28mg (16.45%), Vitamin B1: 0.17mg (11.31%), Magnesium: 42.44mg (10.61%), Copper: 0.15mg (7.65%), Vitamin K: 6.4µg (6.09%), Vitamin B5: 0.6mg (5.98%), Manganese: 0.09mg (4.6%), Fiber: 1.01g (4.05%), Folate: 13.01µg (3.25%), Calcium: 23.14mg (2.31%), Vitamin C: 1.43mg (1.74%), Vitamin A: 83.4IU (1.67%)