



Seared Short Rib



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper
- ☐ 2 lime cut into wedges
- ☐ 2 pounds beef ribs thick (flanken or korean style sliced lengthwise)
- ☐ 1 onion diced white finely

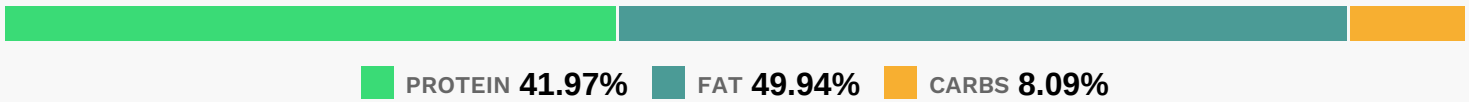
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a large dry cast-iron skillet over medium-high heat. Alternatively, build a medium-hot charcoal fire, or heat a gas grill to high. Season short ribs generously with salt and pepper. Working in batches, sear ribs until browned, 4-5 minutes per side for medium-rare.
- ☐ Transfer to a plate and let rest for 5 minutes.
- ☐ Meanwhile, place 1 cup cold water and 2 ice cubes in a medium bowl.
- ☐ Add onion; stir, then discard ice and immediately drain well.
- ☐ Transfer onion to a small bowl.
- ☐ Trim meat from bones; chop into 1/4"-1/2" cubes.
- ☐ Transfer to a serving platter (reserve bones for those who like to gnaw on them).
- ☐ Serve with onion and lime.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:11.684782658582%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 205.23kcal (10.26%), Fat: 11.31g (17.41%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.16g (1.28%), Cholesterol: 65.12mg (21.71%), Sodium: 72.94mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.79%), Vitamin B12: 3.74µg (62.36%), Zinc: 5.33mg (35.55%), Vitamin B6: 0.46mg (23.12%), Selenium: 16.08µg (22.97%), Phosphorus: 219.21mg (21.92%), Vitamin B3: 3.83mg (19.17%), Iron: 2.57mg (14.26%), Potassium: 444.91mg (12.71%), Vitamin B2: 0.18mg (10.56%), Vitamin C: 7.86mg (9.52%), Vitamin B1: 0.12mg (7.93%), Magnesium: 27.63mg (6.91%), Copper: 0.1mg (4.96%), Vitamin B5: 0.43mg (4.26%), Fiber: 0.96g (3.85%), Folate: 11.91µg (2.98%), Manganese: 0.05mg (2.68%), Calcium: 20.86mg (2.09%)