



Short Rib Flatbread With Clementine Gremolata

READY IN



300 min.

SERVINGS



6

CALORIES



444 kcal

Ingredients

- 1.5 lbs beef ribs
- 2 large carrots peeled chopped
- 2 tablespoons cheese french
- 0.5 lb crimini mushrooms sliced
- 2 bay leaves dried
- 1 teaspoon rosemary leaves fresh
- 1 teaspoon thyme sprigs fresh
- 4 garlic clove smashed
- 1 tablespoon pepper fresh black

- 1 tablespoon lime zest
- 2 cups beef broth low sodium
- 1 tablespoon olive oil
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 1 tablespoon parmesan grated
- 3 tablespoons flat parsley italian
- 1 uncook pizza crust refrigerated thin
- 1 tablespoon salt
- 1 teaspoon salt
- 1 teaspoon thyme sprigs fresh
- 2 tablespoons tomato paste
- 1 cup cooking wine

Equipment

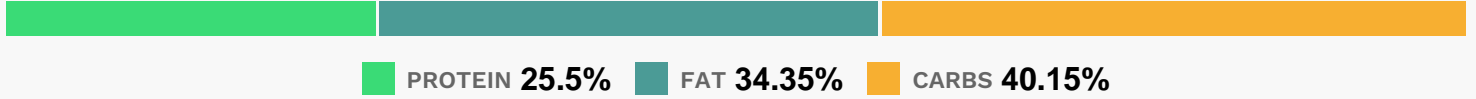
- frying pan
- baking sheet
- oven
- slow cooker

Directions

- Add olive oil to cast iron skillet over medium-high heat. Generously salt and pepper short ribs and sear in pan.
- Add ribs and the remaining rib ingredients to a slow cooker. Make sure ribs are nestled down into the liquid. Cook on low for 8 hours, or high for 3-4 hours. When ribs are cooked and falling off the bone, remove from slow cooker and let rest. Preheat oven to 400 degrees. Stretch and fit pizza dough into a baking sheet.
- Brush with drippings from the slow cooker and season with oregano.
- Bake until lightly golden brown, about 5 minutes. Using the same cast iron skillet, brown mushrooms, season with salt and pepper and set aside.

- Remove pre-cooked pizza crust from oven and spread with laughing cow cheese.
- Layer mushrooms, onions (from slow cooker) and shredded short ribs on flatbread until completely covered, keeping inch border on all sides. Top with parmesan cheese.
- Bake another 10 minutes, until cheese has melted. While your flatbread is baking, finely chop all gremolata ingredients together and set aside. Top flatbread with gremolata and serve.

Nutrition Facts



Properties

Glycemic Index:68.14, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:22.124347726936%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 443.75kcal (22.19%), Fat: 15.91g (24.48%), Saturated Fat: 6.56g (40.97%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 38.77g (14.1%), Sugar: 4.62g (5.14%), Cholesterol: 54.41mg (18.14%), Sodium: 2212.42mg (96.19%), Alcohol: 4.16g (100%), Alcohol %: 1.41% (100%), Protein: 26.56g (53.13%), Vitamin A: 4362.27IU (87.25%), Vitamin B12: 2.91µg (48.45%), Vitamin K: 41.94µg (39.94%), Selenium: 24.19µg (34.55%), Zinc: 4.84mg (32.25%), Phosphorus: 264.7mg (26.47%), Iron: 4.71mg (26.16%), Potassium: 869.03mg (24.83%), Vitamin B6: 0.49mg (24.66%), Vitamin B3: 4.84mg (24.18%), Vitamin B2: 0.38mg (22.65%), Manganese: 0.39mg (19.44%), Copper: 0.32mg (15.92%), Calcium: 156.37mg (15.64%), Fiber: 3.06g (12.24%), Vitamin C: 8.61mg (10.44%), Vitamin B1: 0.15mg (10.2%), Vitamin B5: 1.01mg (10.09%), Magnesium: 40.02mg (10%), Folate: 29.13µg (7.28%), Vitamin E: 0.86mg (5.74%)