



## Short Rib Supper



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 pounds beef short ribs lean fat trimmed cut into 3- to 4-inch pieces
- ☐ 1 pound carrots
- ☐ 1 cup chicken broth
- ☐ 0.5 cup horseradish prepared
- ☐ 0.5 lb onion
- ☐ 1 pound thin-skinned potatoes
- ☐ 4 servings salt
- ☐ 0.5 lb turnip

☐ 0.3 pound watercress rinsed drained

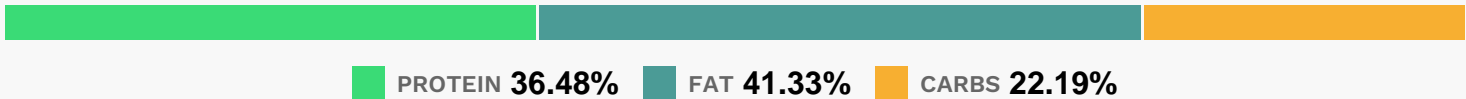
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Peel carrots, potatoes, onion, and turnip and cut into about 1/2-inch dice.
- ☐ Rinse ribs, drain, and lay bone-down in a single layer in a 12- by 14-inch casserole (about 5 qt.) at least 2 inches deep. Distribute vegetables evenly around but not over meat.
- ☐ Pour broth and 1 1/4 cups water into casserole.
- ☐ Coat tops of ribs with 6 tablespoons horseradish.
- ☐ Cover casserole tightly with foil, tenting if necessary to keep foil from touching ribs.
- ☐ Bake in a 375 oven until meat is very tender when pierced, about 3 hours.
- ☐ Meanwhile, break leaves from watercress and finely chop stems. Cover each separately and chill.
- ☐ Uncover casserole and bake until ribs brown, about 10 minutes. With a slotted spoon, transfer ribs to a large platter and keep warm.
- ☐ Mix chopped watercress stems with vegetables and return to oven until watercress is slightly wilted, about 5 minutes, stirring once or twice. With slotted spoon, transfer vegetables to platter. Skim and discard fat from pan juices, then pour juices into a bowl.
- ☐ Garnish platter with the watercress leaves.
- ☐ Serve the meat and vegetables with pan juices, horseradish, and salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:53.46, Glycemic Load:7.6, Inflammation Score:-10, Nutrition Score:50.322608761165%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 20.99mg, Quercetin: 20.99mg, Quercetin: 20.99mg, Quercetin: 20.99mg

Nutrients (% of daily need)

Calories: 758.31kcal (37.92%), Fat: 34.64g (53.3%), Saturated Fat: 14.49g (90.54%), Carbohydrates: 41.85g (13.95%), Net Carbohydrates: 33.63g (12.23%), Sugar: 14.1g (15.67%), Cholesterol: 196.54mg (65.51%), Sodium: 903.52mg (39.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.79g (137.59%), Vitamin A: 19859.77IU (397.2%), Vitamin B12: 11.24µg (187.28%), Zinc: 17.05mg (113.64%), Vitamin B6: 1.82mg (90.91%), Vitamin K: 89.8µg (85.53%), Phosphorus: 798.41mg (79.84%), Selenium: 50.37µg (71.96%), Vitamin B3: 14.31mg (71.55%), Potassium: 2429.99mg (69.43%), Vitamin C: 52.21mg (63.28%), Iron: 8.83mg (49.08%), Vitamin B2: 0.72mg (42.3%), Vitamin B1: 0.57mg (37.8%), Magnesium: 137.96mg (34.49%), Fiber: 8.22g (32.88%), Manganese: 0.65mg (32.6%), Copper: 0.55mg (27.5%), Folate: 100.75µg (25.19%), Vitamin B5: 1.99mg (19.9%), Calcium: 158.59mg (15.86%), Vitamin E: 1.1mg (7.32%)