

Short Rib Terrine

 Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 cups beef short ribs cooked finely chopped (reserved from rich beef broth)
- ☐ 8 large garlic clove peeled
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1.5 teaspoons paprika smoked spanish hot
- ☐ 1 teaspoon salt
- ☐ 1 slices sea salt thin

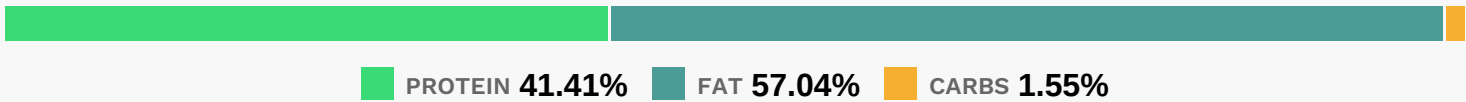
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Cook garlic in oil in a 10-inch heavy skillet over low heat, turning occasionally, until tender and golden, about 15 minutes.
- ☐ Transfer garlic with a slotted spoon to a cutting board and mash to a paste with a fork. Cook paprika, salt, and pepper in oil remaining in skillet over low heat, stirring, until fragrant, about 1 minute.
- ☐ Stir together paprika oil, garlic paste, and short rib meat in a large bowl until combined well. Pack mixture into a 5- to 6-cup crock, terrine, or bowl and let stand at room temperature 1 hour to allow flavors to develop.
- ☐ Serve at room temperature.
- ☐ Terrine can be made 2 days ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:11.856086834617%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 224.45kcal (11.22%), Fat: 13.9g (21.38%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.05g (0.05%), Cholesterol: 69.79mg (23.26%), Sodium: 303.54mg (13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.71g (45.41%), Vitamin B12: 4.01µg (66.84%), Zinc:

5.69mg (37.93%), Selenium: 17.34µg (24.77%), Vitamin B6: 0.49mg (24.59%), Phosphorus: 228.74mg (22.87%),
Vitamin B3: 4.08mg (20.38%), Iron: 2.66mg (14.79%), Potassium: 437.2mg (12.49%), Vitamin B2: 0.19mg (11.04%),
Vitamin B1: 0.12mg (7.74%), Magnesium: 27.12mg (6.78%), Copper: 0.09mg (4.53%), Vitamin B5: 0.4mg (3.98%),
Manganese: 0.07mg (3.26%), Vitamin A: 123.77IU (2.48%), Vitamin E: 0.33mg (2.23%), Folate: 7.29µg (1.82%),
Calcium: 14.18mg (1.42%), Vitamin K: 1.45µg (1.39%)