



Short Ribs Braised in Coffee Ancho Chile Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce canned finely chopped
- ☐ 4 ancho chili pepper dried stemmed seeded
- ☐ 6 lb beef ribs
- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup hot-brewed coffee brewed
- ☐ 3 garlic clove coarsely chopped
- ☐ 1 tablespoon juice of lime fresh

- ☐ 2 tablespoons maple syrup pure
- ☐ 1 medium onion quartered
- ☐ 3 teaspoons salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

Equipment

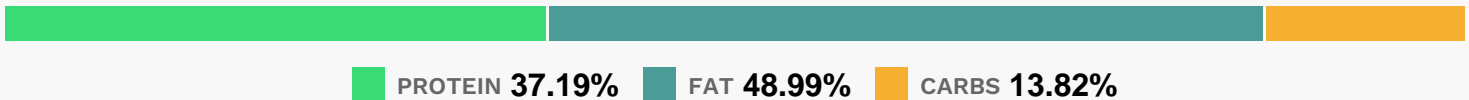
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ colander

Directions

- ☐ Preheat oven to 350°F.
- ☐ Soak ancho chiles in boiling-hot water until softened, about 20 minutes, then drain in a colander set over a bowl. Taste soaking liquid: It will be a little bitter, but if unpleasantly so, discard it; otherwise, reserve for braising.
- ☐ Transfer ancho chiles to a blender and purée with onion, garlic, chipotles with sauce, maple syrup, lime juice, and 1 teaspoon salt.
- ☐ Pat ribs dry and sprinkle with pepper and remaining 2 teaspoons salt.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown ribs in 3 batches, turning occasionally, about 5 minutes per batch.
- ☐ Transfer as browned to a roasting pan just large enough to hold ribs in 1 layer.
- ☐ Carefully add chile purée to fat remaining in skillet (use caution, since it will splatter and steam) and cook over moderately low heat, stirring frequently, 5 minutes.

- ☐ Add reserved chile soaking liquid (or 1 1/2 cups water) and coffee and bring to a boil, then pour over ribs (liquid should come about halfway up sides of meat).
- ☐ Cover roasting pan tightly with foil and braise ribs in middle of oven until very tender, 3 to 3 1/2 hours. Skim fat from pan juices and serve with ribs.
- ☐ • Ribs improve in flavor if braised 2 days ahead. Cool, uncovered, then chill, surface covered with parchment paper or wax paper and roasting pan covered with foil.
- ☐ Remove any solidified fat before reheating.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:40.326087391895%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg,
Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg,
Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:
0.01mg 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: 0.04mg, Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin:
3.77mg

Nutrients (% of daily need)

Calories: 713.97kcal (35.7%), Fat: 38.66g (59.48%), Saturated Fat: 15.06g (94.14%), Carbohydrates: 24.54g (8.18%),
Net Carbohydrates: 17.33g (6.3%), Sugar: 14.53g (16.15%), Cholesterol: 195.36mg (65.12%), Sodium: 2434.37mg
(105.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.9mg (2.63%), Protein: 66.03g (132.07%), Vitamin
B12: 11.23µg (187.08%), Vitamin A: 6197.25IU (123.94%), Zinc: 16.2mg (107.98%), Vitamin B6: 1.52mg (76.15%),
Selenium: 49µg (70.01%), Phosphorus: 677.59mg (67.76%), Vitamin B3: 13.43mg (67.16%), Vitamin B2: 0.9mg
(52.95%), Iron: 8.87mg (49.29%), Potassium: 1694.71mg (48.42%), Vitamin K: 30.56µg (29.1%), Fiber: 7.21g (28.85%),
Magnesium: 100.55mg (25.14%), Manganese: 0.49mg (24.52%), Vitamin B1: 0.35mg (23.48%), Copper: 0.31mg
(15.71%), Vitamin B5: 1.37mg (13.72%), Vitamin C: 10.25mg (12.42%), Folate: 36.54µg (9.13%), Vitamin E: 1.1mg (7.3%),
Calcium: 63.88mg (6.39%)