



 **55%**
HEALTH SCORE

Short Ribs Provençale with Crème Fraîche Mashed Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flour
- 24 baby carrots peeled
- 1 bay leaves
- 6 pounds beef ribs
- 2.5 cups beef broth canned
- 14.5 ounce frangelico diced canned
- 1 medium carrots finely chopped
- 1 celery stalks finely chopped

- 6 servings crème fraîche mashed
- 3 tablespoons parsley fresh chopped
- 1 tablespoon herbs de provence dried
- 2 tablespoons olive oil ()
- 0.5 cup olives pitted
- 1 large onion finely chopped
- 6 servings potatoes mashed
- 2 cups red wine red
- 0.5 cup water ()
- 12 garlic clove whole peeled

Equipment

- bowl
- oven
- pot
- aluminum foil
- tongs

Directions

- Preheat oven to 325°F.
- Heat 2 tablespoons oil in heavy large ovenproof pot over medium-high heat.
- Sprinkle ribs with salt and pepper. Working in batches, add ribs to pot and brown well, turning often, about 8 minutes per batch. Using tongs, transfer ribs to large bowl.
- Pour off all but 2 tablespoons drippings from pot or add oil as necessary to measure 2 tablespoons.
- Add onion, chopped carrot, and celery and cook over medium-low heat until vegetables are soft, stirring frequently, about 10 minutes.
- Add garlic, flour, and herbes de Provence; stir 1 minute.
- Add wine and 2 cups broth; bring to boil over high heat, scraping up browned bits.

- Add tomatoes with juices and bay leaf. Return ribs and any accumulated juices to pot. If necessary, add enough water to pot to barely cover ribs. Bring to boil.
- Cover pot tightly and transfer to oven.
- Bake until ribs are very tender, stirring occasionally, about 2 hours 15 minutes. (Can be made 1 day ahead. Cool slightly, then refrigerate uncovered until cold. Cover and keep refrigerated. Bring to simmer before continuing.)
- Add remaining 1/2 cup broth, peeled baby carrots, and Niçois olives to pot; press carrots gently to submerge. Cover, return to oven and continue cooking at 350°F until carrots are tender, about 15 minutes. Discard bay leaf.
- Transfer short ribs and carrots to platter. Tent with foil to keep warm. If necessary, boil sauce to thicken slightly. Season to taste with salt and pepper.
- Pour sauce over short ribs.
- Sprinkle with parsley.
- Serve with Crème Fraîche Mashed Potatoes
- * A dried herb mixture available at specialty foods stores and in the spice section of some markets. A mix of dried thyme, basil, savory, and fennel seeds can be substituted.
- ** Small brine-cured black olives; available at Italian markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:54.43, Glycemic Load:2.93, Inflammation Score:-10, Nutrition Score:39.414782399717%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 780.08kcal (39%), Fat: 42.9g (66%), Saturated Fat: 16.59g (103.66%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 11.75g (4.27%), Sugar: 4.03g (4.48%), Cholesterol: 202.44mg (67.48%), Sodium: 809.9mg (35.21%), Alcohol: 8.73g (100%), Alcohol %: 1.55% (100%), Protein: 66.09g (132.19%), Vitamin B12: 11.32µg (188.67%), Vitamin A: 7532.31IU (150.65%), Zinc: 16.16mg (107.75%), Vitamin B6: 1.48mg (74.03%), Selenium: 51.16µg (73.09%), Phosphorus: 688.84mg (68.88%), Vitamin B3: 12.73mg (63.64%), Vitamin K: 52.9µg (50.38%), Iron: 9.03mg (50.18%), Potassium: 1468.99mg (41.97%), Vitamin B2: 0.6mg (35.49%), Vitamin B1: 0.39mg (25.73%), Magnesium: 90.04mg (22.51%), Manganese: 0.34mg (17.07%), Copper: 0.33mg (16.66%), Vitamin B5: 1.4mg (14.01%), Folate: 50.46µg (12.61%), Fiber: 2.78g (11.14%), Vitamin C: 8.69mg (10.53%), Calcium: 100.12mg (10.01%), Vitamin E: 1.29mg (8.61%)