



HEALTH SCORE

55%

Short Ribs Provençale with Crème Fraîche Mashed Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 24 baby carrots peeled
- ☐ 1 bay leaf
- ☐ 6 pounds meaty beef short ribs
- ☐ 2.5 cups beef broth canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 medium carrots finely chopped
- ☐ 1 celery stalk finely chopped

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

Equipment

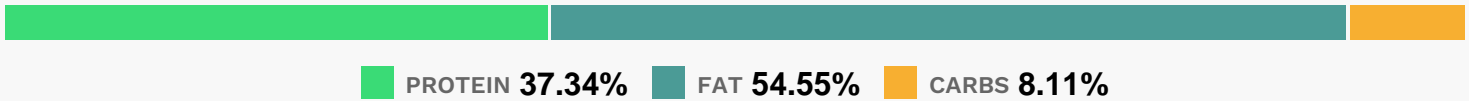
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ tongs

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:40.47, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:39.367391296055%

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: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 779.31kcal (38.97%), Fat: 42.9g (66%), Saturated Fat: 16.59g (103.66%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 11.6g (4.22%), Sugar: 4.02g (4.47%), Cholesterol: 202.44mg (67.48%), Sodium: 809.84mg (35.21%), Alcohol: 8.73g (100%), Alcohol %: 1.55% (100%), Protein: 66.07g (132.15%), Vitamin B12: 11.32µg (188.67%), Vitamin A: 7532.29IU (150.65%), Zinc: 16.16mg (107.73%), Vitamin B6: 1.48mg (73.88%), Selenium: 51.16µg (73.08%),

Phosphorus: 688.27mg (68.83%), Vitamin B3: 12.72mg (63.59%), Vitamin K: 52.88µg (50.37%), Iron: 9.03mg (50.14%), Potassium: 1464.78mg (41.85%), Vitamin B2: 0.6mg (35.47%), Vitamin B1: 0.39mg (25.68%), Magnesium: 89.81mg (22.45%), Manganese: 0.34mg (17%), Copper: 0.33mg (16.61%), Vitamin B5: 1.4mg (13.98%), Folate: 50.3µg (12.57%), Fiber: 2.76g (11.05%), Vitamin C: 8.49mg (10.29%), Calcium: 100mg (10%), Vitamin E: 1.29mg (8.61%)