



Simple Beef Short Ribs

READY IN



150 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef short ribs
- 1 cup beef stock
- 1 tablespoon butter
- 2 tablespoons flour all-purpose
- 1 clove garlic
- 0.5 teaspoon ground pepper black
- 1 tablespoon olive oil
- 1 onion sliced
- 1 teaspoon salt

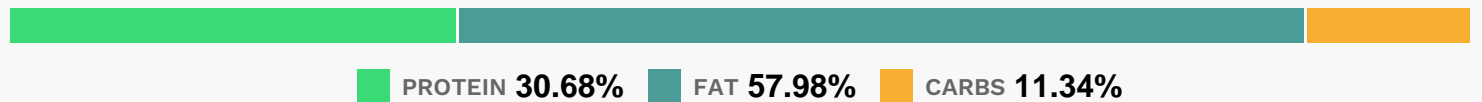
Equipment

- frying pan
- dutch oven

Directions

- Season the short ribs with salt and pepper, then dredge in flour until coated. Shake off the excess flour.
- Heat the olive oil and butter in a large skillet or Dutch oven over medium-high heat. Cook the ribs until browned on each side, about 5 minutes per side.
- Remove from the skillet and set aside.
- Add the onion and garlic to the skillet; cook and stir until onion is tender, about 5 minutes. Return the ribs to the skillet and pour in the beer. Stir, scraping the bottom of the pan, until all of the browned bits have mixed in with the liquid.
- Pour in the beef stock, cover and simmer over low heat until very tender, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:2.74, Inflammation Score:-3, Nutrition Score:10.495217406231%

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 Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 233.44kcal (11.67%), Fat: 14.9g (22.93%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.51g (1.68%), Cholesterol: 56.37mg (18.79%), Sodium: 777.9mg (33.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.49%), Vitamin B12: 2.81µg (46.87%), Zinc: 4.15mg (27.65%), Selenium: 14.2µg (20.29%), Vitamin B6: 0.4mg (20.03%), Phosphorus: 190.29mg (19.03%), Vitamin B3: 3.61mg (18.05%), Potassium: 458.01mg (13.09%), Iron: 2.24mg (12.47%), Vitamin B2: 0.21mg (12.38%), Vitamin B1:

0.14mg (9.44%), Magnesium: 26.69mg (6.67%), Manganese: 0.12mg (5.93%), Copper: 0.11mg (5.46%), Folate: 18.42µg (4.61%), Vitamin E: 0.6mg (4.01%), Vitamin B5: 0.33mg (3.27%), Vitamin K: 2.96µg (2.81%), Vitamin C: 2.27mg (2.75%), Fiber: 0.65g (2.59%), Calcium: 22.01mg (2.2%), Vitamin A: 89.45IU (1.79%)