



Slow-Cooked Short Ribs with Gremolata

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup coarse salt fresh
- 1 cup parsley fresh chopped
- 2 garlic clove finely grated
- 0.5 cup horseradish grated peeled
- 8 servings pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest finely grated
- 4 optional: lemon halved

3 tablespoons olive oil divided

Equipment

frying pan

baking sheet

oven

roasting pan

aluminum foil

Directions

Season short ribs generously with salt and pepper; place in a large roasting pan and chill, uncovered, 12 hours.

Preheat oven to 325°F. Toast breadcrumbs on a rimmed baking sheet, tossing halfway through, until golden brown, 8–10 minutes.

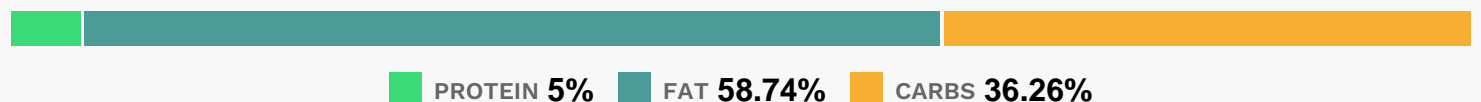
Let cool.

Add 1 cup water to roasting pan. Cover pan with foil and cook until meat is tender, 2 1/2–3 hours. Uncover pan and increase oven temperature to 400°F. Roast until ribs are browned on top, 25–30 minutes longer.

When short ribs are almost done, mix garlic, parsley, horseradish, lemon zest and juice, breadcrumbs, and 2 tablespoons oil in a small bowl; season gremolata with salt and pepper.

Meanwhile, heat remaining 1 tablespoon oil in a large skillet over medium–high heat. Cook lemons, cut side down, until golden brown, about 4 minutes. Top short ribs with gremolata and serve with seared lemons.

Nutrition Facts



Properties

Glycemic Index:19.31, Glycemic Load:1.47, Inflammation Score:-6, Nutrition Score:9.8960870504379%

Flavonoids

Eriodictyol: 11.63mg, Eriodictyol: 11.63mg, Eriodictyol: 11.63mg, Eriodictyol: 11.63mg Hesperetin: 15.34mg, Hesperetin: 15.34mg, Hesperetin: 15.34mg, Hesperetin: 15.34mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 74.1kcal (3.71%), Fat: 5.59g (8.6%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 5.38g (1.96%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 7141.93mg (310.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin K: 126.53µg (120.51%), Vitamin C: 44.26mg (53.65%), Vitamin A: 645.08IU (12.9%), Fiber: 2.38g (9.52%), Folate: 26.4µg (6.6%), Vitamin E: 0.9mg (6.01%), Iron: 0.97mg (5.4%), Potassium: 161.95mg (4.63%), Manganese: 0.09mg (4.54%), Calcium: 40.14mg (4.01%), Vitamin B6: 0.07mg (3.63%), Magnesium: 12.89mg (3.22%), Copper: 0.05mg (2.49%), Vitamin B1: 0.03mg (2.12%), Phosphorus: 19.19mg (1.92%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.16mg (1.57%), Vitamin B2: 0.02mg (1.39%), Selenium: 0.78µg (1.11%), Vitamin B3: 0.22mg (1.11%)