



WHATSheATE



Slow-Cooked Short Ribs with Gremolata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 pounds beef ribs bone-in english-style
- ☐ 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

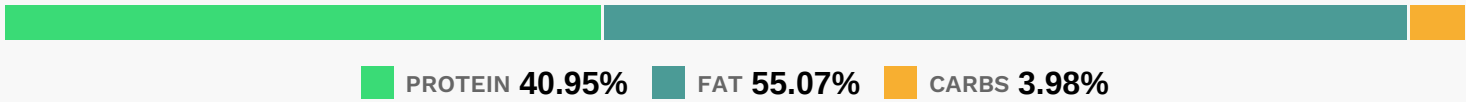
Equipment

- ☐ 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:-7, Nutrition Score:41.695217236229%

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: 790.16kcal (39.51%), Fat: 47.77g (73.48%), Saturated Fat: 18.69g (116.84%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 5.38g (1.96%), Sugar: 2.7g (3%), Cholesterol: 244.2mg (81.4%), Sodium: 7410.97mg (322.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.92g (159.84%), Vitamin B12: 14.03µg (233.86%), Zinc: 20.05mg (133.68%), Vitamin K: 126.53µg (120.51%), Selenium: 60.38µg (86.26%), Vitamin B6: 1.69mg (84.34%), Phosphorus: 805.6mg (80.56%), Vitamin B3: 14.34mg (71.72%), Iron: 9.91mg (55.07%), Vitamin C: 44.26mg (53.65%), Potassium: 1639.58mg (46.85%), Vitamin B2: 0.66mg (38.89%), Vitamin B1: 0.42mg (28.06%), Magnesium: 103.94mg (25.99%), Copper: 0.34mg (16.77%), Vitamin B5: 1.48mg (14.82%), Vitamin A: 645.08IU (12.9%), Folate: 51.24µg (12.81%), Fiber: 2.38g (9.52%), Manganese: 0.15mg (7.44%), Calcium: 73.25mg (7.33%), Vitamin E: 0.9mg (6.01%)