



 **62%**
HEALTH SCORE

Smothered Beef Short Ribs

 Dairy Free  Very Healthy

READY IN



140 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 4 pounds beef short ribs
- 8 cups beef stock
- 1 cup carrots chopped
- 1 cup celery chopped
- 1 tablespoon thyme leaves dried
- 1 cup flour all-purpose
- 0.3 cup parsley fresh chopped

- 2 tablespoons garlic minced
- 0.5 cup olive oil
- 2 cups onions chopped
- 1 cup red wine
- 6 servings salt and pepper to taste

Equipment

- pot

Directions

- Heat the oil in a large pot over medium high heat. Season the ribs with salt and pepper to taste and dredge them in flour. Fry the ribs in the oil in small batches, adding oil as needed, to sear the meat. This should take 2 to 3 minutes per batch. Set ribs aside.
- In the same pot, add the onions and saute for 2 minutes.
- Add the celery and carrots and saute for 1 more minute. Season with salt and pepper to taste, and then stir in the garlic, bay leaves and thyme and cook for 1 more minute.
- Deglaze the pot with the red wine, scraping up all the bits on the bottom.
- Add the stock, bring to a boil, reduce heat to low and simmer.
- Add the ribs and continue to simmer for 2 hours, until the sauce thickens. Stir in the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:13.78, Inflammation Score:-10, Nutrition Score:37.673912919086%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg,
Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin:
0.71mg, Naringenin: 0.71mg Apigenin: 5.94mg, Apigenin: 5.94mg, Apigenin: 5.94mg, Apigenin: 5.94mg Luteolin:
0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg,
Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg,
Kaempferol: 0.52mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 11.41mg,
Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,
Galocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 604.46kcal (30.22%), Fat: 26.81g (41.24%), Saturated Fat: 10.26g (64.13%), Carbohydrates: 29.81g (9.94%),
Net Carbohydrates: 27.08g (9.85%), Sugar: 5.59g (6.21%), Cholesterol: 130.24mg (43.41%), Sodium: 1005.52mg
(43.72%), Alcohol: 4.24g (100%), Alcohol %: 0.75% (100%), Protein: 51.75g (103.49%), Vitamin B12: 7.48µg (124.72%),
Vitamin A: 3880.66IU (77.61%), Zinc: 11.56mg (77.08%), Selenium: 43.54µg (62.2%), Vitamin B6: 1.21mg (60.73%),
Vitamin B3: 12.05mg (60.26%), Vitamin K: 63.15µg (60.14%), Phosphorus: 584.22mg (58.42%), Potassium:
1673.37mg (47.81%), Vitamin B2: 0.79mg (46.53%), Iron: 8.06mg (44.78%), Vitamin B1: 0.53mg (35.45%),
Magnesium: 93.54mg (23.39%), Manganese: 0.45mg (22.4%), Folate: 84.21µg (21.05%), Copper: 0.4mg (20.04%),
Vitamin C: 10.24mg (12.41%), Fiber: 2.73g (10.94%), Vitamin B5: 1mg (10.01%), Calcium: 97.07mg (9.71%), Vitamin E:
0.83mg (5.54%)