



Southwestern Braised Short Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds beef short ribs
- ☐ 1 tablespoon garlic minced pressed
- ☐ 7 oz chilies diced green canned
- ☐ 1 cup onions thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup tequila
- ☐ 0.8 cup sacramento tomato juice
- ☐ 0.3 cup tomato paste

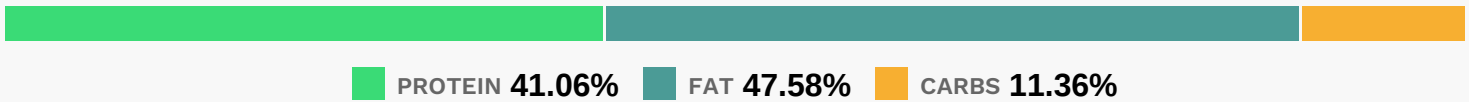
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Rinse ribs and pat dry; trim off and discard excess fat. In a 9- by 13-inch casserole, mix garlic, tomato paste, tequila, and tomato juice; turn ribs over in sauce to coat well. Cover airtight and chill at least 1 hour; if marinating up to 1 day, turn ribs over several times.
- ☐ Uncover ribs, turn over in sauce, and sprinkle with onions and chilies. Seal casserole tightly with foil.
- ☐ Bake in a 350 oven until meat is very tender when pierced, 2 1/4 to 2 1/2 hours. Skim off and discard fat; season meat to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:33.006956535837%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 535.83kcal (26.79%), Fat: 25.67g (39.5%), Saturated Fat: 10.81g (67.58%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 11.48g (4.17%), Sugar: 7.96g (8.85%), Cholesterol: 146.52mg (48.84%), Sodium: 495.74mg (21.55%), Alcohol: 6.68g (100%), Alcohol %: 2% (100%), Protein: 49.86g (99.72%), Vitamin B12: 8.42µg (140.31%), Vitamin C: 86.8mg (105.21%), Zinc: 12.27mg (81.81%), Vitamin B6: 1.38mg (68.93%), Selenium: 37.5µg (53.57%), Phosphorus: 530.43mg (53.04%), Vitamin B3: 9.96mg (49.82%), Potassium: 1383.57mg (39.53%), Iron: 6.69mg (37.15%), Vitamin B2: 0.48mg (28.12%), Vitamin B1: 0.32mg (21.6%), Magnesium: 82.44mg (20.61%), Vitamin A: 928.03IU (18.56%), Copper: 0.35mg (17.44%), Manganese: 0.3mg (14.9%), Folate: 45.05µg (11.26%), Vitamin B5: 1.09mg (10.93%), Vitamin K: 10.05µg (9.58%), Fiber: 2.32g (9.28%), Vitamin E: 1.2mg (8.01%), Calcium: 50.2mg (5.02%)