

Super Short Ribs

 **Gluten Free**  **Dairy Free**

READY IN



150 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.3 pounds beef short ribs
- 14 ounce beef broth canned
- 0.5 cup chili sauce
- 2 tablespoons parsley fresh chopped for garnish
- 4 cloves garlic minced
- 0.3 cup honey
- 1 tablespoon olive oil
- 2 onions quartered

- 8 ounce pineapple chunks canned
- 8 servings salt and pepper to taste
- 3 tablespoons worcestershire sauce

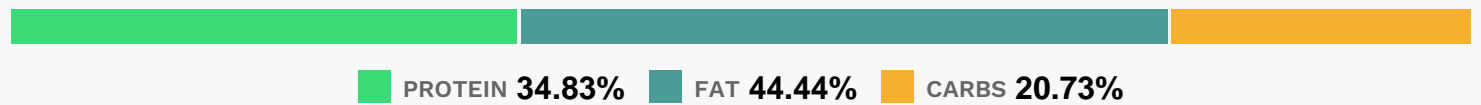
Equipment

- oven
- pot
- dutch oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat the oil in a Dutch oven over medium high heat.
- Add the ribs and brown well on all sides in small batches. Set ribs aside.
- Add the onions, broth, pineapple, chili sauce, honey, Worcestershire sauce and garlic. Return the ribs to the pot, coating them well with this sauce.
- Bake, covered, at 350 degrees F (175 degrees C) for 1 hour.
- Remove cover, season with salt and pepper to taste, and bake for 1 more hour.
- Garnish with the parsley.

Nutrition Facts



Properties

Glycemic Index:17.66, Glycemic Load:5.27, Inflammation Score:-4, Nutrition Score:20.796956435494%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 406.68kcal (20.33%), Fat: 19.91g (30.63%), Saturated Fat: 7.94g (49.61%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 19.56g (7.11%), Sugar: 16.84g (18.71%), Cholesterol: 103.79mg (34.6%), Sodium: 806.86mg (35.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.11g (70.21%), Vitamin B12: 6µg (99.97%), Zinc: 8.57mg (57.17%), Vitamin B6: 0.79mg (39.73%), Selenium: 26.45µg (37.78%), Phosphorus: 366.63mg (36.66%), Vitamin B3: 6.86mg (34.28%), Iron: 4.64mg (25.77%), Potassium: 861.34mg (24.61%), Vitamin B2: 0.32mg (18.92%), Vitamin K: 18.74µg (17.85%), Vitamin B1: 0.23mg (15.44%), Magnesium: 50.66mg (12.67%), Vitamin C: 10.11mg (12.25%), Copper: 0.21mg (10.37%), Vitamin B5: 0.63mg (6.27%), Folate: 22.01µg (5.5%), Fiber: 1.33g (5.32%), Manganese: 0.1mg (5.04%), Vitamin A: 220.16IU (4.4%), Calcium: 43.01mg (4.3%), Vitamin E: 0.6mg (4.03%)