



Sweet-and-Sour Short Ribs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



210 min.

SERVINGS



6

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.8 pounds english-cut beef short ribs bone-in
- 1.3 pounds beets peeled cut into 3/4-inch pieces
- 1 pound carrots peeled cut into 3/4-inch pieces
- 2 stalks celery chopped
- 4 cloves garlic thinly sliced
- 6 servings kosher salt and pepper freshly ground
- 0.3 cup juice of lemon fresh
- 2 tablespoons olive oil extra-virgin

- 2 medium onions chopped
- 2 tablespoons paprika
- 5 scallions roughly chopped
- 1 tablespoon sugar
- 1 pound sweet potatoes peeled cut into 3/4-inch pieces
- 1 bunch swiss chard chopped
- 0.3 cup tomato paste

Equipment

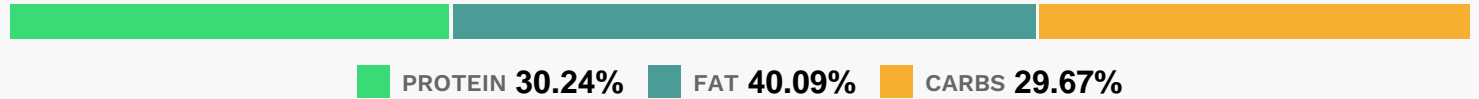
- bowl
- ladle
- oven
- pot
- blender
- dutch oven

Directions

- Preheat the oven to 350 degrees F. Season the short ribs with salt and pepper.
- Heat the olive oil in a Dutch oven or ovenproof pot over medium-high heat.
- Add the short ribs and brown on all sides, about 10 minutes total.
- Transfer the meat to a plate.
- Add the onions, garlic, chopped celery stalks and paprika to the pot and cook, stirring occasionally, until the onions soften, about 4 minutes.
- Add the tomato paste and cook, stirring, until it starts to brown, about 4 minutes.
- Add 6 cups water and 2 teaspoons salt and stir, scraping up any browned bits from the bottom of the pot. Return the meat to the pot and bring to a simmer. Cover, transfer to the oven and cook 1 hour, 30 minutes.
- Meanwhile, puree the chopped chard, lemon juice, scallions, celery leaves, 1 1/2 cups water and 1 teaspoon salt in a blender until smooth.

- Remove the pot from the oven; stir in the chard puree, beets, carrots, sweet potatoes and sugar. Return the pot to the oven and cook, uncovered, until the meat and vegetables are tender but hold their shape, 1 hour, 30 minutes to 2 hours.
- Remove the bones from the short ribs; skim the fat off the sauce. Season with salt and pepper. Ladle the meat, vegetables and sauce into shallow bowls.
- Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:75.32, Glycemic Load:17.62, Inflammation Score:-10, Nutrition Score:45.623043184695%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 1.65mg, Myricetin: 1.65mg, Myricetin: 1.65mg, Myricetin: 1.65mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 592.53kcal (29.63%), Fat: 26.69g (41.06%), Saturated Fat: 9.77g (61.06%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 34.37g (12.5%), Sugar: 19.4g (21.56%), Cholesterol: 122.1mg (40.7%), Sodium: 694.01mg (30.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.3g (90.6%), Vitamin A: 27862.56IU (557.25%), Vitamin K: 453.43µg (431.84%), Vitamin B12: 7.02µg (116.93%), Zinc: 11.11mg (74.09%), Vitamin B6: 1.34mg (66.86%), Potassium: 2000.12mg (57.15%), Phosphorus: 550.94mg (55.09%), Manganese: 1mg (49.77%), Vitamin B3: 9.43mg (47.17%), Vitamin C: 38.79mg (47.02%), Selenium: 32.72µg (46.75%), Iron: 7.93mg (44.07%), Folate: 163.81µg (40.95%), Fiber: 10.06g (40.26%), Magnesium: 151.5mg (37.87%), Vitamin B2: 0.56mg (32.92%), Copper: 0.54mg (26.95%), Vitamin B1: 0.4mg (26.44%), Vitamin E: 3.58mg (23.89%), Vitamin B5: 1.86mg (18.63%), Calcium: 134.46mg (13.45%)