



Sweet and Spicy Short Rib Tacos

 Gluten Free

READY IN



460 min.

SERVINGS



6

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ancho chiles* dried stemmed seeded
- 1 tablespoon apple cider vinegar
- 6 pounds beef short ribs
- 1 teaspoon pepper black freshly ground for seasoning
- 0.3 cup brown sugar
- 6 servings warm corn tortillas
- 0.5 cup cilantro leaves fresh chopped
- 3 garlic cloves coarsely chopped

- 1.5 cups beef broth low-sodium
- 6 servings crema mexicana sour
- 1 medium onion quartered
- 1 teaspoon salt for seasoning
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- blender
- slow cooker

Directions

- Watch how to make this recipe.
- Soak the ancho chiles in boiling water until softened, about 15 minutes.
- Drain and discard the liquid.
- Transfer the softened chiles to a blender.
- Add the onion, garlic, brown sugar, apple cider vinegar, beef broth, 1 teaspoon salt and 1 teaspoon pepper. Puree until smooth.
- Pat ribs dry and sprinkle with salt and pepper.
- Heat the oil in a 12-inch heavy skillet over medium-high heat until hot but not smoking. Brown the ribs in 3 batches, turning occasionally, about 7 minutes per batch.
- Transfer the browned ribs to a slow cooker.
- Pour the sauce over the ribs (liquid should reach about halfway up sides of meat),
- cover and cook for 7 hours on high until very tender. Allow the ribs to cool slightly in the sauce.
- Remove the ribs from the sauce. Discard the bones and shred the meat into a large bowl. Skim the fat from the surface and discard.
- Mix the sauce into the meat and season with salt and pepper, to taste. Spoon the meat and sauce into warm corn tortillas and serve with Mexican crema and chopped fresh cilantro.

Nutrition Facts

PROTEIN 33.8% FAT 44.7% CARBS 21.5%

Properties

Glycemic Index:36.08, Glycemic Load:5.61, Inflammation Score:-10, Nutrition Score:42.381304533585%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 815.47kcal (40.77%), Fat: 40.53g (62.35%), Saturated Fat: 15.02g (93.86%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 34.74g (12.63%), Sugar: 22.98g (25.54%), Cholesterol: 203.31mg (67.77%), Sodium: 425.53mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.95g (137.9%), Vitamin B12: 11.23µg (187.08%), Vitamin A: 6354.82IU (127.1%), Zinc: 16.49mg (109.95%), Vitamin B6: 1.59mg (79.72%), Phosphorus: 758.56mg (75.86%), Selenium: 50.6µg (72.29%), Vitamin B3: 13.81mg (69.06%), Potassium: 1859.39mg (53.13%), Iron: 9.4mg (52.2%), Vitamin B2: 0.82mg (48.33%), Vitamin K: 39.3µg (37.43%), Fiber: 9.15g (36.59%), Magnesium: 118.67mg (29.67%), Vitamin B1: 0.37mg (24.58%), Manganese: 0.47mg (23.73%), Copper: 0.35mg (17.6%), Vitamin B5: 1.38mg (13.78%), Vitamin C: 9.53mg (11.55%), Calcium: 114.79mg (11.48%), Folate: 39.55µg (9.89%), Vitamin E: 1.18mg (7.88%)