

Tatemado de Costilla de Res (Tatemado Short Ribs)

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

READY IN



45 min.

SERVINGS



4

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 agave nectar
- 0.5 cup agave nectar
- 8 ancho chili pepper seeded
- 1 quart beer
- 5 cloves garlic
- 1 pound onion cut into quarters
- 1 ribs rib beef ribs (3-inch cut)

- 0.5 cup tequila
- 4 servings tortillas
- 4 servings frangelico
- 1 ounce frangelico
- 4 servings frangelico
- 1 ounce frangelico

Equipment

- frying pan
- sauce pan
- oven
- blender
- roasting pan
- aluminum foil

Directions

- Trim excess fat from short ribs then cut between the bones.
- In a saucepan over moderate heat, dry-roast the chiles.
- Transfer to a spice grinder and grind into a powder.
- In the same saucepan, dry-roast the onions and garlic.
- Transfer to a blender, add the piloncillo, beer or pulque, agave, tequila, and the powdered chiles, and process until smooth.
- In a medium saucepan, heat the lard and fry the chile mixture. Season with salt and let cool. Coat the meat with the chile mixture, cover, and marinate in the refrigerator overnight.
- Preheat the oven to 375°F and arrange a steamer in a roasting pan.
- In a saucepan over moderate heat, dry-roast the maguey or agave leaves.
- Transfer to the roasting pan on the steamer and top with 2 cactus paddles.
- Place the ribs with the marinade on top and cover with the remaining 2 cactus paddles. Cover the pan with foil or a lid and bake until the ribs are fork tender, 3 to 4 hours, checking the water level every 30 minutes and adding 1/2 cup of water when it gets very low.

Transfer the short ribs to a serving platter. Slice the cactus paddles into strips and place them on top of the ribs.

Serve with Frijoles de la Olla and tortillas.

Nutrition Facts

 **PROTEIN 9.39%**  **FAT 11.4%**  **CARBS 79.21%**

Properties

Glycemic Index:44.13, Glycemic Load:14, Inflammation Score:-10, Nutrition Score:33.559999722502%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 23.13mg, Quercetin: 23.13mg, Quercetin: 23.13mg, Quercetin: 23.13mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 628.59kcal (31.43%), Fat: 6.75g (10.38%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 105.54g (35.18%), Net Carbohydrates: 82.33g (29.94%), Sugar: 53.91g (59.9%), Cholesterol: 0.15mg (0.05%), Sodium: 300.73mg (13.08%), Alcohol: 19.25g (100%), Alcohol %: 4.76% (100%), Protein: 12.51g (25.03%), Vitamin A: 18544.21IU (370.88%), Fiber: 23.2g (92.81%), Vitamin K: 84.77µg (80.74%), Vitamin B2: 1.07mg (62.95%), Manganese: 0.96mg (47.88%), Vitamin B6: 0.94mg (47.17%), Potassium: 1593.6mg (45.53%), Vitamin B3: 8.97mg (44.86%), Vitamin C: 36.34mg (44.05%), Iron: 5.71mg (31.72%), Folate: 108.24µg (27.06%), Phosphorus: 246.8mg (24.68%), Magnesium: 95.01mg (23.75%), Vitamin B1: 0.32mg (21.04%), Selenium: 12.18µg (17.39%), Vitamin E: 2.5mg (16.67%), Copper: 0.27mg (13.35%), Calcium: 117.94mg (11.79%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.16mg (7.73%)