

## BBQ Beef Ribs

 Gluten Free  Dairy Free

READY IN



680 min.

SERVINGS



6

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon ancho chile powder
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- 3 tablespoons apple cider vinegar
- 0.3 cup apple juice
- 2 slabs bbq beef ribs
- 2 teaspoons pepper black freshly ground
- 1 pinch cayenne
- 3 tablespoons dijon mustard

- 1 tablespoon ground cumin
- 2 tablespoons kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 1.5 tablespoons brown sugar light
- 3 tablespoons brown sugar light
- 0.5 cup maple syrup pure
- 1 tablespoon paprika

## Equipment

- sauce pan
- whisk
- plastic wrap
- wooden spoon
- grill
- cutting board

## Directions

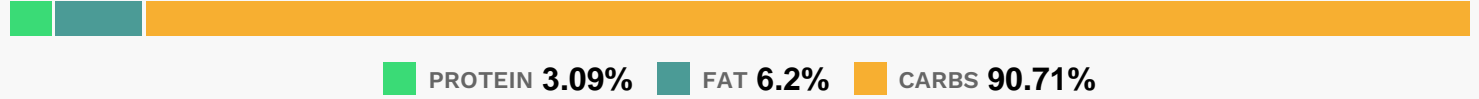
- Watch how to make this recipe.
- Prepare the grill for indirect heat using hickory and charcoal and heat to 250 degrees F.
- Place the ribs on a clean cutting board and pull off the membrane, the thin fatty skin that lines the underside of the ribs. Trim the ribs of excess fat and meat.
- Whisk together 2 tablespoons salt, brown sugar, paprika, chile powder, cumin and pepper. Rub the beef ribs with the seasoning and place on a sheet tray, cover with plastic wrap, and if time, let marinate in the refrigerator for 8 hours or overnight.
- Add the maple syrup, apple juice, brown sugar, vinegar, mustard, chile powder, cayenne, salt and pepper to a medium saucepan and bring to a simmer. Cook until syrupy, about 8 minutes, stirring with a wooden spoon on occasion.
- Remove the ribs from the refrigerator.
- Place the ribs meatier-side-down on the grill away from the coals. Cook the beef 3 hours, adding more coals as needed. Turn and cook until the ribs "bend" and the meat easily

separates from the bone using a fork, about 45 minutes more.

Brush on the glaze to the ribs and cook for another 5 minutes.

Remove and slice into individual ribs.

## Nutrition Facts



## Properties

Glycemic Index:44.21, Glycemic Load:7.27, Inflammation Score:-6, Nutrition Score:6.7504348288412%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 131.85kcal (6.59%), Fat: 0.94g (1.45%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 29.31g (10.66%), Sugar: 26.21g (29.12%), Cholesterol: 0.2mg (0.07%), Sodium: 2443.89mg (106.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Manganese: 0.86mg (43.24%), Vitamin B2: 0.38mg (22.52%), Vitamin A: 1098.05IU (21.96%), Iron: 1.54mg (8.56%), Vitamin E: 1.05mg (6.99%), Fiber: 1.63g (6.54%), Calcium: 65.16mg (6.52%), Potassium: 188.68mg (5.39%), Magnesium: 20.63mg (5.16%), Selenium: 3.23µg (4.62%), Vitamin B6: 0.08mg (3.94%), Vitamin K: 4.13µg (3.94%), Vitamin B1: 0.05mg (3.3%), Zinc: 0.45mg (2.97%), Copper: 0.06mg (2.88%), Phosphorus: 25.33mg (2.53%), Vitamin B3: 0.46mg (2.3%)