



Beef Ribs with Orange and Smoked Paprika Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



433 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 beef ribs
- ☐ 1.3 teaspoons ground cumin plus more for sprinkling
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.7 cup orange marmalade sweet
- ☐ 0.3 cup sherry vinegar
- ☐ 1 tablespoon paprika smoked plus more for sprinkling

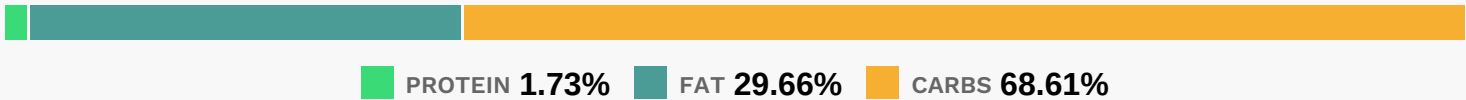
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-low heat). Blend first 4 ingredients, 1 tablespoon paprika, and 1 1/4 teaspoons cumin in medium bowl. Season sauce with salt and pepper.
- ☐ Transfer half of sauce to small pitcher and reserve.
- ☐ Sprinkle ribs on all sides with paprika, cumin, salt, and pepper. Grill 20 minutes, turning occasionally.
- ☐ Brush ribs with some of sauce from bowl. Grill until slightly charred and cooked to medium-rare, brushing with remaining sauce in bowl, about 15 minutes.
- ☐ Transfer ribs to platter.
- ☐ Drizzle with some of reserved sauce in pitcher and sprinkle with salt and pepper; pass remaining sauce.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:8.5208695971447%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 433.47kcal (21.67%), Fat: 15.07g (23.19%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 78.45g (26.15%), Net Carbohydrates: 76.2g (27.71%), Sugar: 68.78g (76.42%), Cholesterol: 1.77mg (0.59%), Sodium: 69.87mg (3.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin A: 1861.94IU (37.24%), Vitamin C: 26.84mg (32.53%), Vitamin E: 3.23mg (21.53%), Iron: 2.06mg (11.42%), Vitamin K: 11.37µg (10.82%), Fiber: 2.25g (8.99%), Vitamin B6: 0.15mg (7.54%), Potassium: 257.13mg (7.35%), Copper: 0.15mg (7.28%), Manganese: 0.14mg (7%), Calcium: 67.98mg (6.8%), Vitamin B2: 0.1mg (6.14%), Folate: 23.01µg (5.75%), Magnesium: 19.97mg (4.99%),

Vitamin B1: 0.07mg (4.55%), Phosphorus: 38.6mg (3.86%), Vitamin B3: 0.73mg (3.64%), Zinc: 0.43mg (2.87%),
Selenium: 1.42µg (2.02%), Vitamin B5: 0.2mg (1.96%), Vitamin B12: 0.1µg (1.7%)