



Beef Short Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



1670 min.

SERVINGS



4

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

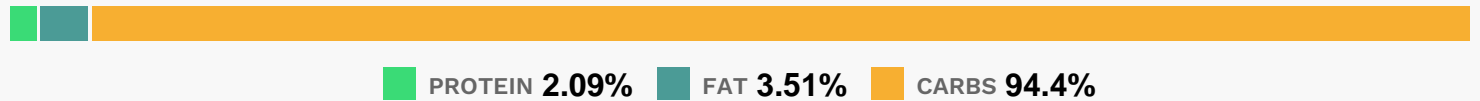
- 4 servings bbq sauce for serving
- 1 ounce pepper black
- 4 ounces brown sugar
- 0.5 ounce cayenne pepper
- 1 ounce kosher salt
- 4 plate short bone in
- 4 ounces caster sugar

Equipment

Directions

- Watch how to make this recipe.
- Special equipment: Hickory wood logs, soaked in water for 1 hour
- Coat the short ribs liberally with the Brown Sugar Rub on both sides. It is not necessary to rub the spices into the meat, rather sprinkle an even layer over the top. Refrigerate overnight.
- Preheat your smoker to 225 degrees F.
- Add a log of hickory.
- Place the meat in the smoker and maintain temperature at or around 225 degrees F for 12 to 14 hours, or until done. Replace the hickory logs as they expire.
- Test the meat by twisting one of the exposed bones. If the bone moves easily the meat is done. Allow the meat to rest for 30 minutes.
- Cut each plate into 4 portions.
- Serve with BBQ sauce.
- Combine the sugars, salt, black pepper and cayenne, and mix thoroughly.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:21, Inflammation Score:-7, Nutrition Score:7.3456521422967%

Nutrients (% of daily need)

Calories: 249.38kcal (12.47%), Fat: 1.04g (1.6%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 62.99g (21%), Net Carbohydrates: 60.23g (21.9%), Sugar: 56.54g (62.82%), Cholesterol: 0.59mg (0.2%), Sodium: 2768.58mg (120.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Manganese: 1mg (50.12%), Vitamin A: 1515.54IU (30.31%), Vitamin K: 14.47µg (13.78%), Fiber: 2.77g (11.06%), Vitamin E: 1.14mg (7.59%), Iron: 1.23mg (6.84%), Copper: 0.13mg (6.32%), Calcium: 62.57mg (6.26%), Vitamin B6: 0.12mg (6.19%), Potassium: 210.29mg (6.01%), Magnesium: 20.48mg (5.12%), Vitamin C: 2.71mg (3.29%), Vitamin B2: 0.05mg (3.11%), Phosphorus: 24.82mg (2.48%), Vitamin B3: 0.46mg (2.3%), Selenium: 1.33µg (1.91%), Zinc: 0.24mg (1.6%), Vitamin B5: 0.14mg (1.41%), Vitamin B1: 0.02mg (1.36%), Folate: 5.32µg (1.33%)