



Cook the Book: Karashi Mustard Short Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon pepper black freshly ground plus more for seasoning the meat
- ☐ 2 tablespoons mustard
- ☐ 1 teaspoon penzey's southwest seasoning plus more for seasoning the meat
- ☐ 2 pounds beef ribs thick cut into 4 pieces (each 3 inches long and 2 inches ; ask your butcher to do this)
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sugar

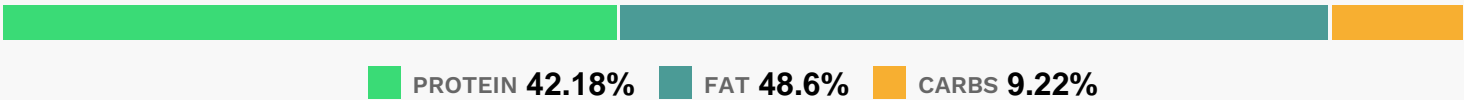
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Generously season the short ribs with salt and freshly ground pepper all over.
- ☐ Whisk together the mustard, balsamic vinegar, soy sauce, sugar, the 1 tablespoon pepper, and the 1 teaspoon salt in a bowl to make the marinade; set aside.
- ☐ Preheat a grill to medium. Grill the short ribs, covered, this way: Start with the bone side up, grilling for about 5 minutes. Flip the short ribs, so the bone side is now down (the bone will prevent the meat from burning), and brush the marinade on top. Grill about 15 more minutes, brushing with more marinade on top 3 more times. When the short ribs are ready, they'll be richly browned and glossy. Test for doneness using "The 'Nick-and-Peek' Method".
- ☐ Let the short ribs rest for 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:3.11, Inflammation Score:-2, Nutrition Score:18.943913273513%

Nutrients (% of daily need)

Calories: 325.32kcal (16.27%), Fat: 17.25g (26.54%), Saturated Fat: 7.23g (45.18%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 6.02g (2.19%), Sugar: 4.6g (5.11%), Cholesterol: 97.68mg (32.56%), Sodium: 1002.56mg (43.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.69g (67.38%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.08mg (53.88%), Selenium: 26.65µg (38.08%), Vitamin B6: 0.7mg (34.85%), Phosphorus: 347.23mg (34.72%), Vitamin B3: 6.34mg (31.69%), Iron: 4.7mg (26.1%), Manganese: 0.39mg (19.51%), Potassium: 677.52mg (19.36%), Vitamin B2: 0.29mg (17.16%), Magnesium: 52.68mg (13.17%), Vitamin B1: 0.18mg (12.14%), Vitamin K: 10.23µg (9.74%), Copper: 0.17mg (8.47%), Vitamin B5: 0.64mg (6.39%), Fiber: 1.34g (5.37%), Calcium: 49.38mg (4.94%), Folate: 16.24µg (4.06%), Vitamin E: 0.27mg (1.78%)