



Darned Good Boneless Short Ribs

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

READY IN



45 min.

SERVINGS



4

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce thick your favorite
- 2.5 tablespoons pepper black freshly ground
- 2 pounds beef short ribs boneless
- 0.5 teaspoon ground pepper
- 1 tablespoon granulated onion
- 0.3 cup granulated sugar
- 2.5 tablespoons kosher salt
- 0.5 cup brown sugar light packed

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- 0.5 cup paprika smoked sweet (try)

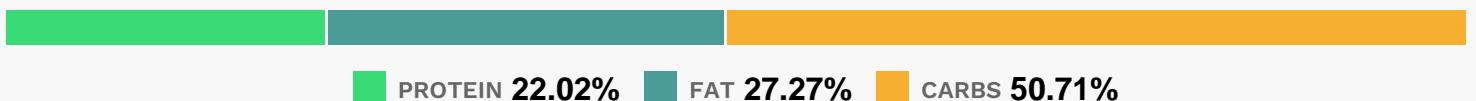
Equipment

- bowl
- grill
- aluminum foil

Directions

- In a medium bowl and blend together both sugars, the paprika, salt, pepper, granulated onion, and cayenne.
- Sprinkle the short rib pieces liberally with this mixture until coated on all sides.
- Let sit at room temperature for about 30 minutes.
- Oil the grill racks. Preheat your grill using all burners set on high and with the lid closed for 10 to 12 minutes.
- Place the beef ribs on the grill, close the lid, and reduce the heat to medium. Turn the ribs every 3 to 5 minutes or so, so that every side gets slightly caramelized, 15 to 20 minutes total. (If your short rib pieces are small, it won't take quite this long.) The ribs should yield easily to the touch, not unlike a medium-rare steak or the way the tip of your nose feels. Reduce the heat a little more and brush the ribs with the sauce. Cover the grill and let cook for a minute or two for the sauce to set up, and then continue to turn and brush until all sides of the ribs have been glazed.
- Remove to a platter and let sit for 5 to 10 minutes, covered with foil.
- Serve.
- In the Kitchen
- The seasoning mixture or rub makes more than you will need for this recipe, and it's fabulous sprinkled over beef brisket, pork chops, pork tenderloins, or, of course, pork ribs. Store the mixture in an airtight container for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:9.6, Inflammation Score:-10, Nutrition Score:36.257826012114%

Nutrients (% of daily need)

Calories: 826.71kcal (41.34%), Fat: 25.52g (39.27%), Saturated Fat: 10.21g (63.78%), Carbohydrates: 106.79g (35.6%), Net Carbohydrates: 100.15g (36.42%), Sugar: 91.12g (101.25%), Cholesterol: 133.81mg (44.6%), Sodium: 5270.95mg (229.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.37g (92.74%), Vitamin A: 6933.99IU (138.68%), Vitamin B12: 7.69µg (128.14%), Zinc: 11.7mg (77.98%), Vitamin B6: 1.28mg (63.97%), Selenium: 35.64µg (50.92%), Iron: 9.1mg (50.53%), Phosphorus: 502.1mg (50.21%), Vitamin B3: 9.65mg (48.27%), Manganese: 0.89mg (44.47%), Potassium: 1429.75mg (40.85%), Vitamin B2: 0.57mg (33.42%), Vitamin E: 4.62mg (30.79%), Fiber: 6.64g (26.55%), Magnesium: 97.05mg (24.26%), Copper: 0.4mg (19.77%), Vitamin B1: 0.29mg (19.14%), Vitamin K: 18.54µg (17.66%), Calcium: 144.83mg (14.48%), Vitamin B5: 1.32mg (13.2%), Folate: 24.23µg (6.06%), Vitamin C: 1.15mg (1.4%)