



Dinosaur Bones with Chipotle-Cherry Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cherry juice
- 2 beef rib steak (6 to 8 pounds total; 8- to 10-inch-long rib bones)
- 3 tablespoons kosher salt
- 3 tablespoons brown sugar
- 0.8 teaspoon ground cardamom
- 1.5 teaspoons ground cinnamon
- 1.5 tablespoons pepper black

- 1.5 tablespoons onion powder
- 3 tablespoons paprika

Equipment

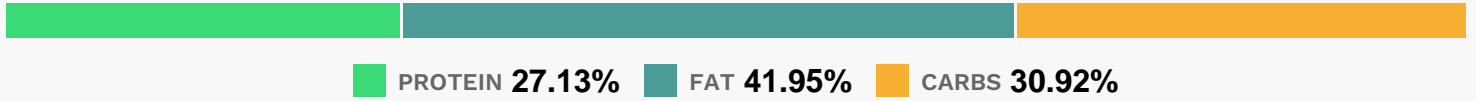
- bowl
- frying pan
- baking sheet
- loaf pan
- grill

Directions

- Mix paprika, brown sugar, coarse salt, onion powder, black pepper, cinnamon, and cardamom in small bowl for spice rub. Arrange ribs on baking sheet.
- Sprinkle 3 tablespoons spice rub over each side of each rib rack.
- Let ribs marinate at room temperature while preparing grill. Fill spray bottle with cherry juice.
- Remove top rack from barbecue.
- Place 1 aluminum pan in center of lower grill rack for drip pan. Light briquettes in chimney; pour onto lower grill rack, arranging around drip pan.
- Drain wood chips; scatter over coals. Return grill rack to barbecue. (You may need to light additional charcoal in chimney to replenish coals in barbecue.)
- Remove top rack from barbecue. Prepare barbecue (medium heat). If using 2-burner grill, light 1 burner. If using 3-burner grill, do not light center burner.
- Drain wood chips. Stack 2 mini loaf pans (one inside the other); fill with 1 cup wood chips. Stack remaining loaf pans; fill with 1 cup wood chips.
- Place pans directly on flame (if using 3-burner grill, place both pans on 1 lit side).
- Place aluminum baking pan over unlit portion of grill. Return top rack to barbecue.
- Place ribs on grill rack over drip pan (ribs may extend beyond pan). Cover grill and cook ribs 30 minutes. Uncover grill; rotate ribs for even cooking (do not turnover). Spray ribs with cherry juice. Cover and continue to grill ribs until browned, very tender, and meat begins to shrink away from ends of bones, spraying with cherry juice every 15 minutes, about 1 hour 30 minutes to 1 hour 45 minutes longer.

- Brush ribs with Chipotle-Cherry
- Barbecue Sauce. Turn over; grill over directheat until slightly charred, about 2 minutes.
- Transfer to work surface.
- Cut betweenbones.
- Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:12.001304419144%

Nutrients (% of daily need)

Calories: 232.97kcal (11.65%), Fat: 11.19g (17.22%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 16.36g (5.95%), Sugar: 12.22g (13.58%), Cholesterol: 45.95mg (15.32%), Sodium: 3538.02mg (153.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.57%), Vitamin A: 1744.87IU (34.9%), Zinc: 4.14mg (27.62%), Selenium: 19.02µg (27.17%), Manganese: 0.44mg (21.99%), Vitamin B12: 1.25µg (20.84%), Vitamin B3: 4.08mg (20.4%), Vitamin B6: 0.4mg (19.81%), Iron: 2.75mg (15.29%), Vitamin B2: 0.23mg (13.4%), Phosphorus: 128.48mg (12.85%), Potassium: 433.29mg (12.38%), Fiber: 2.2g (8.81%), Magnesium: 28.09mg (7.02%), Vitamin E: 1.05mg (7%), Vitamin K: 6.62µg (6.31%), Copper: 0.12mg (6.11%), Vitamin B1: 0.09mg (5.87%), Calcium: 44.66mg (4.47%), Folate: 5.44µg (1.36%), Vitamin B5: 0.13mg (1.31%)