



## Downhome Barbecue Beef Short Ribs

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 8 pounds beef short ribs
- 1 cup brown mustard
- 0.3 cup brown sugar
- 3 tablespoons butter melted
- 1 teaspoon cayenne pepper
- 2 garlic cloves
- 1 tablespoon sea salt

- 1 tablespoon granulated onion
- 1 tablespoon blackstrap molasses
- 0.5 cup red wine vinegar
- 8 servings salt and pepper to taste
- 2 tablespoons tomato paste
- 3 tablespoons worcestershire sauce

## Equipment

- sauce pan
- pot
- grill
- tongs

## Directions

- Fill a large stockpot with water and bring to a boil.
- Add the ribs, garlic cloves and bay leaf. Parboil the ribs, covered, for 45 minutes to 1 hour, until fork tender.
- In a medium saucepan, combine all ingredients.
- Pour 1 cup of the rib water into the mixture. Cook over medium heat, stirring occasionally, for approximately 15 minutes until the sauce has thickened and is heated through.
- Add the ribs to the pot, turning with tongs to coat well. Season with salt and pepper.
- Transfer the ribs to a hot outdoor grill, meat side down first, and cook 8 to 10 minutes on each side, taking care not to burn them.
- Serve with remaining sauce on the side.

## Nutrition Facts

 **PROTEIN 38.33%**  **FAT 52.43%**  **CARBS 9.24%**

## Properties

Glycemic Index:25.75, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:30.724782674209%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 687.08kcal (34.35%), Fat: 39.17g (60.26%), Saturated Fat: 17.11g (106.96%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 14.71g (5.35%), Sugar: 12.21g (13.56%), Cholesterol: 206.65mg (68.88%), Sodium: 563.77mg (24.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.43g (128.86%), Vitamin B12: 11.23µg (187.23%), Zinc: 16.15mg (107.65%), Selenium: 55.27µg (78.96%), Vitamin B6: 1.37mg (68.55%), Phosphorus: 673.57mg (67.36%), Vitamin B3: 11.68mg (58.41%), Iron: 8.27mg (45.93%), Potassium: 1380.28mg (39.44%), Vitamin B2: 0.54mg (31.72%), Magnesium: 96.38mg (24.09%), Vitamin B1: 0.35mg (23.62%), Copper: 0.31mg (15.35%), Vitamin B5: 1.15mg (11.46%), Manganese: 0.22mg (11.15%), Folate: 27.31µg (6.83%), Calcium: 63.72mg (6.37%), Vitamin A: 303.03IU (6.06%), Vitamin E: 0.54mg (3.57%), Fiber: 0.84g (3.36%), Vitamin C: 2.64mg (3.2%), Vitamin K: 1.3µg (1.24%)