



Garlic-Glazed Beef Ribs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb beef back ribs cut into individual rib servings
- 1 Tbsp juice of lemon
- 0.5 cup a.1. roasted garlic steak sauce

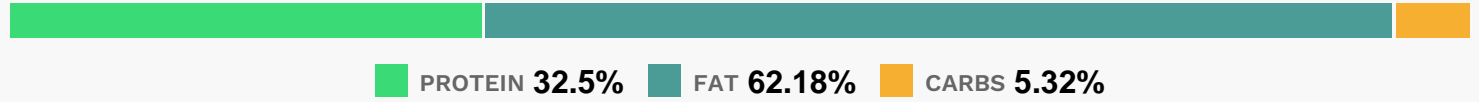
Equipment

- grill

Directions

- Preheat grill to medium heat.
- Mix steak sauce and lemon juice.
- Grill ribs 20 min. or until cooked through, turning and brushing occasionally with the steak sauce mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6382608983828%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 81.43kcal (4.07%), Fat: 5.61g (8.63%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.48g (0.53%), Cholesterol: 23.66mg (7.89%), Sodium: 107.72mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.2%), Selenium: 10.57µg (15.09%), Vitamin B3: 2.37mg (11.84%), Vitamin B1: 0.16mg (10.56%), Vitamin B6: 0.15mg (7.5%), Vitamin B2: 0.11mg (6.31%), Zinc: 0.89mg (5.92%), Phosphorus: 54.41mg (5.44%), Vitamin B12: 0.19µg (3.2%), Potassium: 100.04mg (2.86%), Vitamin B5: 0.28mg (2.81%), Vitamin D: 0.38µg (2.51%), Copper: 0.04mg (2.01%), Iron: 0.33mg (1.81%), Magnesium: 6.33mg (1.58%), Calcium: 11.56mg (1.16%)