



WHATSheATE



Grilled Beef Ribs with Smoky-Sweet Barbecue Sauce



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



45

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chili powder pure
- ☐ 1.5 teaspoons peppercorns whole black
- ☐ 15 pounds beef rib steak cut into individual ribs (25 ribs)
- ☐ 0.5 cup tomato sauce canned
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 liter coca-cola
- ☐ 1 cup t brown sugar dark

- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons hot sauce
- ☐ 1 cup catsup
- ☐ 45 servings kosher salt
- ☐ 2 tablespoons liquid smoke
- ☐ 1 tablespoon onion powder
- ☐ 0.3 cup tomato paste
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 liter water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1.5 teaspoons mustard yellow

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ roasting pan
- ☐ grill
- ☐ broiler

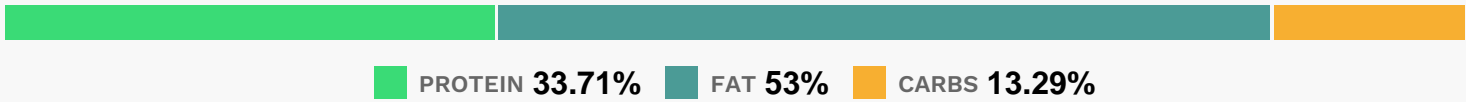
Directions

- ☐ Put the ribs in a very large pot or roasting pan; add the cola and enough water to just cover. Bring to a boil, skimming off any scum on the surface.
- ☐ Add the peppercorns and 1 tablespoon of salt. Cover and simmer over low heat until the meat is tender but not falling off the bone, 2 hours; drain.
- ☐ In a medium saucepan, combine all of the ingredients and bring to a boil. Simmer over very low heat, stirring frequently, until thick and glossy, about 15 minutes.
- ☐ Light a grill or preheat the broiler. Working in batches, arrange the ribs on baking sheets and brush them with the sauce. Grill the ribs or broil 10 inches from the heat, turning and brushing with sauce, until lightly charred, 12 minutes.

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Serve with the remaining sauce.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:2.74, Inflammation Score:-2, Nutrition Score:14.924782797046%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 362.05kcal (18.1%), Fat: 21.43g (32.97%), Saturated Fat: 9.52g (59.5%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 11.86g (4.31%), Sugar: 11.02g (12.24%), Cholesterol: 92.23mg (30.74%), Sodium: 374.91mg (16.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.35%), Selenium: 37.92µg (54.17%), Zinc: 7.82mg (52.13%), Vitamin B12: 2.51µg (41.83%), Vitamin B3: 7.61mg (38.04%), Vitamin B6: 0.65mg (32.58%), Phosphorus: 226.98mg (22.7%), Vitamin B2: 0.38mg (22.15%), Iron: 3mg (16.66%), Potassium: 517.64mg (14.79%), Magnesium: 44.15mg (11.04%), Vitamin B1: 0.14mg (9.29%), Copper: 0.16mg (8.06%), Manganese: 0.11mg (5.26%), Vitamin K: 3.01µg (2.86%), Calcium: 27.6mg (2.76%), Vitamin A: 105.95IU (2.12%), Vitamin C: 1.25mg (1.51%), Folate: 5.79µg (1.45%), Vitamin E: 0.21mg (1.4%), Vitamin D: 0.15µg (1.01%)