



Grilled Short Ribs with Balsamic Sauce



Gluten Free



Dairy Free

READY IN



615 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.5 cup balsamic vinegar
- ☐ 3.5 lb beef ribs trimmed
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons chili sauce
- ☐ 1 teaspoon ground mustard dry
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.3 teaspoon pepper black

- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons soya sauce

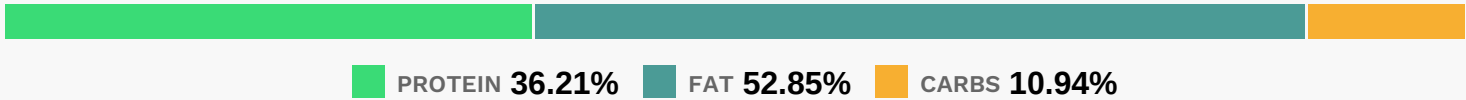
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ glass baking pan

Directions

- ☐ In 12x8-inch (2-quart) glass baking dish or large resealable food storage plastic bag, combine vinegar, apple juice, brown sugar, soy sauce, oil, dry mustard and pepper; mix well.
- ☐ Add ribs, turning to coat. Cover dish or seal bag. Refrigerate at least 8 hours or up to 24 hours to marinate.
- ☐ Heat gas or charcoal grill for indirect cooking as directed by manufacturer or see p. 40 (Kitchen Tip). When grill is heated, remove ribs from marinade; reserve and refrigerate marinade.
- ☐ Place ribs on grill directly over drip pan. Cover grill; cook 2 to 2 1/4 hours or until tender, turning occasionally.
- ☐ During last 30 minutes of cooking time, in small saucepan, combine reserved marinade and chili sauce; mix well. Bring to a boil. Reduce heat to medium-low; simmer 20 to 30 minutes or until slightly thickened and reduced, stirring occasionally. (Sauce will be similar to syrup.)
- ☐ Serve sauce with ribs.
- ☐ Sprinkle ribs with parsley.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:4.22, Inflammation Score:-4, Nutrition Score:28.719130334647%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 644.1kcal (32.21%), Fat: 36.8g (56.61%), Saturated Fat: 13.54g (84.61%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 16.68g (6.06%), Sugar: 14.77g (16.41%), Cholesterol: 170.94mg (56.98%), Sodium: 803.17mg (34.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.72g (113.45%), Vitamin B12: 9.82µg (163.7%), Zinc: 13.99mg (93.24%), Selenium: 43.03µg (61.47%), Vitamin B6: 1.17mg (58.61%), Phosphorus: 580.05mg (58.01%), Vitamin B3: 10.44mg (52.21%), Iron: 7.06mg (39.24%), Vitamin K: 37.64µg (35.84%), Potassium: 1172.66mg (33.5%), Vitamin B2: 0.47mg (27.88%), Vitamin B1: 0.3mg (19.79%), Magnesium: 77.22mg (19.3%), Copper: 0.24mg (12.23%), Vitamin B5: 1mg (9.98%), Manganese: 0.19mg (9.27%), Vitamin E: 1.2mg (7.98%), Folate: 23.61µg (5.9%), Vitamin C: 4.17mg (5.06%), Calcium: 47.26mg (4.73%), Vitamin A: 220.63IU (4.41%), Fiber: 0.47g (1.89%)