



 **61%**
HEALTH SCORE

Mike Mills' Beef Ribs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



175 min.

SERVINGS



8

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apples grated peeled
- 0.3 cup apple cider vinegar
- 0.5 cup apple juice
- 0.3 cup bacon bits
- 9 pound center cut beef ribs
- 0.5 cup brown sugar packed
- 0.3 teaspoon cayenne
- 2 tablespoons cayenne pepper

- 0.3 cup chili powder
- 0.8 teaspoon garlic powder
- 0.3 cup sea salt
- 2 teaspoons bell pepper green grated
- 0.3 cup ground cumin
- 0.3 teaspoon ground pepper white
- 2 tablespoons ground pepper black
- 1 cup catsup
- 0.3 cup kosher salt finely
- 0.3 cup powdered mustard
- 0.3 cup onion grated
- 0.5 cup paprika
- 0.7 cup seasoned rice vinegar
- 0.3 cup sugar
- 0.3 cup worcestershire sauce
- 2 teaspoons mustard yellow prepared

Equipment

- frying pan
- baking sheet
- sauce pan
- knife
- plastic wrap
- grill
- stove

Directions

- Watch how to make this recipe.

- Special equipment: 3 to 4 cups apple wood chips (you can use hickory, pecan, sweet maple, or cherry, but it won't taste as sweet)
- Prepping the meat: There is a skin-like membrane on the back of the ribs. The easiest way to remove it is to start in the middle of the rack and work a table knife or a screwdriver underneath the skin, going all the way across and teasing it up. Slide your forefinger in there and bring your thumb across, holding the rib down and pulling the membrane straight up. It'll peel from the middle.
- Once you start cooking the ribs, you can't leave the pit or grill unattended for any more than about 20 minutes. You'll need to continually check that the temperature remains between 250 and 275 degrees F at all times in the grill. If it gets too hot, shut the top and bottom drafts to smother the fire. If some of the coals appear to be glowing red, that will cause a hot spot. Don't cook the ribs directly over the hot spot, move them to a different, cooler, part of the grill. If the temperature dips too low, move the ribs to a hot spot for a while and add some hot coals.
- Sprinkle ribs liberally with Magic Dust, coating both sides.
- Put them in a shallow pan or on a cookie sheet and cover them with clear plastic wrap or a lid. Refrigerate them until you're ready to use them. I recommend letting them marinate for at least 1 hour. At the restaurant we dust the ribs up to a day in advance.
- Place ribs on grill and cook for 1 1/2 to 2 hours. About 10 minutes before you remove the ribs from the grill, mop them with sauce. When you take them off the grill, mop again with sauce and sprinkle some more Magic Dust on them.
- Serve immediately.
- Serves 4 very hungry people or you can cut the rack in half to serve 6 to 8 people who have a regular appetite.
- Mix all ingredients and store in a tightly covered container. You'll want to keep some in a shaker next to the smoker, grill, or stove. Keeps indefinitely but won't last long.
- Combine the ketchup, rice vinegar, apple juice or cider, cider vinegar, brown sugar, soy sauce or Worcestershire sauce, mustard, garlic powder, white pepper, cayenne, and bacon bits in a large saucepan. Bring to a boil over medium-high heat. Stir in the apple, onion, and bell pepper. Reduce the heat and simmer, uncovered, 10 to 15 minutes or until it thickens slightly. Stir it often. Allow to cool, then pour into sterilized glass bottles. A clean glass jar that used to contain mayonnaise or juice works real well. Refrigerate for up to 2 weeks.

Nutrition Facts



■ PROTEIN 34.01% ■ FAT 42.97% ■ CARBS 23.02%

Properties

Glycemic Index:57.48, Glycemic Load:6.33, Inflammation Score:-10, Nutrition Score:51.105652062789%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 929.39kcal (46.47%), Fat: 44.81g (68.94%), Saturated Fat: 17.09g (106.8%), Carbohydrates: 54.03g (18.01%), Net Carbohydrates: 45.1g (16.4%), Sugar: 31.06g (34.52%), Cholesterol: 219.78mg (73.26%), Sodium: 4585.7mg (199.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.8g (159.6%), Vitamin B12: 12.75µg (212.44%), Zinc: 19.4mg (129.32%), Vitamin A: 6339.77IU (126.8%), Vitamin B6: 2.03mg (101.53%), Iron: 17.32mg (96.22%), Selenium: 62.41µg (89.16%), Phosphorus: 876.08mg (87.61%), Vitamin B3: 15.52mg (77.6%), Potassium: 2137.14mg (61.06%), Vitamin B2: 0.86mg (50.42%), Manganese: 0.97mg (48.31%), Vitamin E: 6.66mg (44.42%), Magnesium: 165.03mg (41.26%), Vitamin B1: 0.57mg (38.01%), Fiber: 8.92g (35.69%), Copper: 0.63mg (31.51%), Calcium: 201.32mg (20.13%), Vitamin K: 18.53µg (17.65%), Vitamin B5: 1.58mg (15.85%), Folate: 51.95µg (12.99%), Vitamin C: 6.22mg (7.54%)