



## Santa Maria-style Barbecue Oakwood Grilled Rib Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons pepper black freshly ground
- 2 teaspoons ground pepper
- 0.3 cup garlic
- 1 teaspoon onion powder
- 0.5 cup red wine vinegar
- 6 pound beef rib steak
- 0.3 cup salt

- 0.5 cup vegetable oil
- 2 teaspoons pepper white

## Equipment

- bowl
- sauce pan
- grill

## Directions

- Combine vinegar and oil, and brush over chops.
- Combine salt and remaining ingredients in small bowl.
- Sprinkle chops with seasoning salt to taste. (Save any extra for other uses.)
- Grill chops over low- to medium-temperature coals 6 to 8 minutes. Turn chops before heat pushes juices to surface (and continue to turn using this timing method throughout cooking). After turning, baste and season lightly. Continue turning, basting, and seasoning until desired degree of doneness.
- Remove from fire, let rest 5 minutes.
- Cut against grain into 1/2-inch slices.
- \*Note: If you can't find garlic-infused oil in your market, combine 1/2 cup olive oil and 4 crushed garlic cloves in a small saucepan. Cook over medium heat until hot but not boiling.
- Let cool; strain. Makes 1/2 cup.

## Nutrition Facts

 **PROTEIN 37.02%**  **FAT 61.59%**  **CARBS 1.39%**

## Properties

Glycemic Index:15.67, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:36.41652180708%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 994.72kcal (49.74%), Fat: 67.95g (104.54%), Saturated Fat: 29.13g (182.04%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.76g (1%), Sugar: 0.15g (0.17%), Cholesterol: 276.69mg (92.23%), Sodium: 6526.44mg (283.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.88g (183.77%), Selenium: 111.66µg (159.51%), Zinc: 23.4mg (156.02%), Vitamin B12: 7.53µg (125.49%), Vitamin B3: 22.32mg (111.58%), Vitamin B6: 1.9mg (95.07%), Phosphorus: 668.69mg (66.87%), Vitamin B2: 1.1mg (64.63%), Iron: 8.27mg (45.93%), Potassium: 1273.47mg (36.38%), Vitamin B1: 0.42mg (27.67%), Magnesium: 100.76mg (25.19%), Copper: 0.4mg (19.85%), Vitamin K: 15.22µg (14.5%), Manganese: 0.25mg (12.57%), Vitamin A: 349.6IU (6.99%), Calcium: 54.08mg (5.41%), Folate: 14.88µg (3.72%), Vitamin E: 0.51mg (3.39%), Vitamin C: 2.59mg (3.15%), Vitamin D: 0.45µg (3.02%), Fiber: 0.69g (2.78%)