



Simple Smoked Beef Short Ribs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings barbecue sauce for serving
- 2 teaspoons granulated sugar white
- 0.3 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 1 tablespoon sea salt
- 1 teaspoon ground ginger
- 2 tablespoons pepper black
- 0.3 cup red wine vinegar
- 2 tablespoons sea salt

- 2 tablespoons soya sauce
- 2 tablespoons worcestershire sauce
- 1 cup mustard yellow prepared

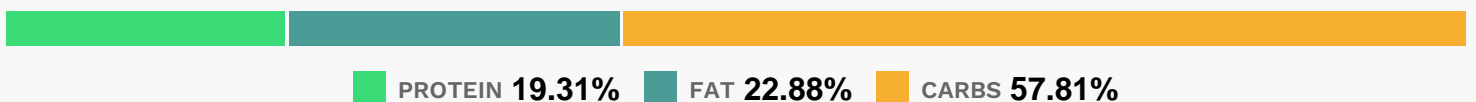
Equipment

- bowl
- knife
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Remove the ribs from the refrigerator and outline the bones with a sharp, pointed paring knife.
- Combine all the ingredients for the mustard slather in a small bowl and blend well.
- Brush the slather over the entire surface of the ribs.
- Combine all the ingredients for the rub in a small bowl and blend well.
- Sprinkle the rub over the slathered ribs.
- Heat a cooker to 230° to 250°F. Oil the rack and place the ribs on it bone side down over indirect heat. Cover and cook for 1 to 1 1/2 hours. Turn and cook for 45 minutes more, then turn and cook for another 45 minutes, or until the ribs reach 185°F on a meat thermometer.
- Transfer the ribs to a cutting board and let them rest, covered loosely with aluminum foil, for 10 to 15 minutes.
- Cut the ribs into individual pieces and serve with barbecue sauce.
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Nutrition Facts



Properties

Glycemic Index:25.68, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:5.4752174382624%

Nutrients (% of daily need)

Calories: 55.38kcal (2.77%), Fat: 1.51g (2.32%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 6.06g (2.2%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 3351.07mg (145.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.73%), Manganese: 0.59mg (29.7%), Selenium: 14.82µg (21.17%), Fiber: 2.51g (10.06%), Iron: 1.51mg (8.39%), Magnesium: 28.81mg (7.2%), Phosphorus: 66.26mg (6.63%), Vitamin B1: 0.09mg (6.29%), Potassium: 173.9mg (4.97%), Calcium: 46.08mg (4.61%), Copper: 0.09mg (4.45%), Vitamin K: 3.98µg (3.79%), Vitamin B6: 0.07mg (3.57%), Vitamin B2: 0.05mg (2.98%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.19mg (1.88%), Folate: 5.47µg (1.37%), Vitamin E: 0.19mg (1.25%), Vitamin C: 0.98mg (1.18%)