



Smoky-Sweet BBQ Beef Short Ribs

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

READY IN



190 min.

SERVINGS



6

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chipotles in adobo finely chopped
- 5 pounds beef ribs (2- to 2-)
- 0.8 teaspoon pepper black freshly ground
- 2 teaspoons ground pepper
- 1 tablespoon chili powder
- 3 tablespoons apple cider vinegar
- 0.5 cup t brown sugar dark packed
- 3 medium garlic clove finely chopped

- 1 teaspoon garlic powder
- 1 tablespoon ground cumin
- 1.5 cups catsup
- 1 tablespoon kosher salt
- 0.3 cup paprika
- 1 tablespoon vegetable oil
- 0.5 cup water
- 3 tablespoons worcestershire sauce
- 0.3 cup onion yellow finely chopped

Equipment

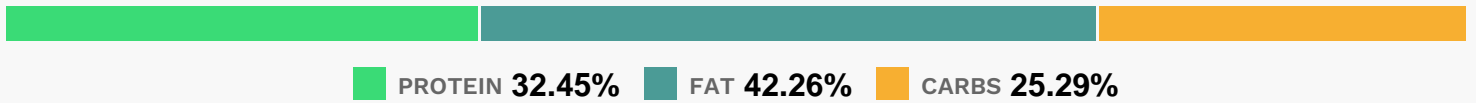
- bowl
- sauce pan
- oven
- whisk
- baking pan
- grill
- aluminum foil

Directions

- Place all of the ingredients except the ribs in a medium bowl and stir to combine.
- Place the ribs in a 13-by-9-inch baking dish and arrange them in an even layer. Evenly rub the spice mixture on all sides of the ribs and cover the dish with aluminum foil. (At this point, you can roast the ribs immediately, but for the best flavor and texture, refrigerate them for up to 24 hours.)
- Heat the oven to 350°F and arrange a rack in the middle. (If you rubbed the ribs in advance, remove them from the refrigerator and set aside at room temperature while the oven is heating, at least 20 minutes.)
- Heat the oil in a medium saucepan over medium heat until shimmering.
- Add the onion and garlic and cook, stirring occasionally, until softened, about 3 minutes.

- Add the remaining ingredients, whisk to combine, and bring to a simmer. Reduce the heat to low and continue to simmer, whisking occasionally, until the flavors have melded and the sauce has reduced to about 2 1/2 cups, about 30 to 40 minutes.
- Heat a gas or charcoal grill to medium (about 350°F to 450°F).
- Place the ribs on the grill and brush them with some of the sauce. Cover the grill and cook until grill marks appear on the bottom of the ribs, about 5 minutes. Turn the ribs, brush with sauce, cover, and cook another 5 minutes. Flip and brush every 5 minutes until the sauce has thickened and formed a glaze and the ribs are heated through, about 20 minutes total.
- Transfer the remaining sauce to a serving bowl and serve with the ribs.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:33.819565275441%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 668.63kcal (33.43%), Fat: 31.58g (48.58%), Saturated Fat: 12.48g (77.98%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 39.26g (14.28%), Sugar: 32.74g (36.38%), Cholesterol: 162.8mg (54.27%), Sodium: 2031.02mg (88.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.56g (109.13%), Vitamin B12: 9.35µg (155.9%), Zinc: 13.68mg (91.23%), Vitamin B6: 1.36mg (67.95%), Vitamin A: 3218.26IU (64.37%), Selenium: 41.47µg (59.25%), Phosphorus: 578.08mg (57.81%), Vitamin B3: 11.09mg (55.44%), Iron: 8.89mg (49.37%), Potassium: 1436.73mg (41.05%), Vitamin B2: 0.62mg (36.32%), Magnesium: 88.39mg (22.1%), Vitamin E: 3.13mg (20.85%), Vitamin B1: 0.31mg (20.47%), Manganese: 0.34mg (17.14%), Copper: 0.34mg (17.07%), Fiber: 3.25g (13.02%), Vitamin K: 12.13µg (11.55%), Vitamin B5: 1.08mg (10.85%), Calcium: 87.98mg (8.8%), Folate: 27.79µg (6.95%), Vitamin C: 5.17mg (6.26%)