



## Spice Rubbed Grilled American Bison Short Ribs with Orange Honey Chipotle BBQ Sauce

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons ancho chile powder
- 2 tablespoons ancho chile powder
- 16.3 inch rib thick american bison short bone-in flanken-style
- 2 tablespoons canola oil
- 6 servings canola oil for brushing
- 2 tablespoons chipotle in adobo puree
- 1 clove garlic finely chopped

- 1 teaspoon ground cinnamon
- 1 tablespoon ground cumin
- 0.3 cup r honey
- 0.5 cup catsup
- 1 teaspoon kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup orange juice freshly squeezed
- 1 orange zest finely grated
- 2 tablespoons paprika sweet spanish
- 1 small onion diced red finely
- 0.3 cup red wine vinegar
- 1 tablespoon soya sauce

## Equipment

- bowl
- baking sheet
- sauce pan
- grill

## Directions

- Combine the ancho, paprika, cumin, cinnamon, 2 tablespoons salt and 1 teaspoon pepper in small bowl.
- Sprinkle both sides of the ribs with salt and pepper, and then rub the spice mix onto the top of the ribs. Put on a baking sheet lined with aluminum or parchment.
- Let the ribs sit at room temperature for 30 minutes.
- Heat a charcoal or gas grill to high for direct grilling.
- Brush the ribs on both sides with oil and grill, spice-side down, until golden brown and slightly charred, about 4 minutes. Flip and grill another 4 minutes.
- Brush with some of the Orange Honey Chipotle BBQ Sauce during the last minute of grilling.

- Remove to a platter and brush with more of the sauce.
- Heat the oil in a medium saucepan over medium heat.
- Add the garlic and onions and cook until soft, about 2 minutes.
- Add the orange juice and zest and cook until slightly reduced.
- Add the ketchup, honey, vinegar, chipotle puree, soy sauce, ancho powder and salt, and bring to a simmer, stirring occasionally and simmer until slightly thickened, about 10 minutes.
- Remove from the heat and let cool to room temperature.

## Nutrition Facts

**PROTEIN 4.32%**

**FAT 61.28%**

**CARBS 34.4%**

### Properties

Glycemic Index:38.88, Glycemic Load:7.71, Inflammation Score:-9, Nutrition Score:9.8326087153476%

### Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

### Nutrients (% of daily need)

Calories: 289.76kcal (14.49%), Fat: 20.81g (32.02%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 22.87g (8.32%), Sugar: 19.26g (21.4%), Cholesterol: 4.29mg (1.43%), Sodium: 804.68mg (34.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin A: 2255.4IU (45.11%), Vitamin E: 5.5mg (36.7%), Vitamin C: 15.64mg (18.96%), Vitamin K: 19.55µg (18.62%), Manganese: 0.28mg (14.09%), Fiber: 3.41g (13.65%), Iron: 2.39mg (13.28%), Vitamin B6: 0.2mg (10.12%), Potassium: 283.81mg (8.11%), Vitamin B2: 0.12mg (6.98%), Vitamin B3: 1.2mg (6%), Magnesium: 22.07mg (5.52%), Copper: 0.11mg (5.32%), Calcium: 51.7mg (5.17%), Phosphorus: 42.66mg (4.27%), Folate: 15.09µg (3.77%), Vitamin B1: 0.06mg (3.77%), Zinc: 0.43mg (2.85%), Vitamin B5: 0.19mg (1.94%), Selenium: 1.34µg (1.92%)