



Sunday Supper: Coffee Rubbed Beef Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds ground beef separated trimmed
- ☐ 2.5 teaspoon brown sugar
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 teaspoon coffee instant
- ☐ 1.5 teaspoon kosher salt
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon pepper black

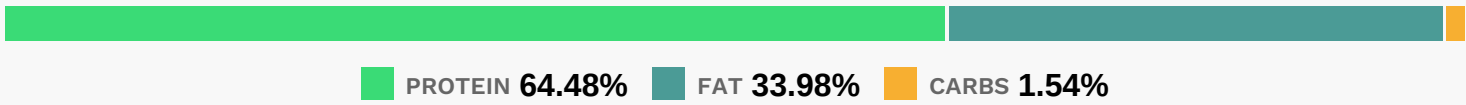
Equipment

- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ steamer basket

Directions

- ☐ Combine instant coffee, brown sugar, chili powder, paprika, cumin, salt and black pepper, and mix well. Rub all over ribs; cover and refrigerate overnight.
- ☐ The next day, bring a large pot with fitted steamer basket to a boil and place ribs in basket. Steam until meat is tender, about 45 minutes. Preheat grill (or grill pan) to a medium high heat and grill ribs until bits of fat begin to crisp, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:43.759565079504%

Nutrients (% of daily need)

Calories: 946.79kcal (47.34%), Fat: 34.17g (52.57%), Saturated Fat: 15.34g (95.85%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.09g (1.12%), Sugar: 2.49g (2.77%), Cholesterol: 421.84mg (140.61%), Sodium: 1330.63mg (57.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.77mg (3.92%), Protein: 145.9g (291.79%), Vitamin B12: 15.24µg (254.01%), Zinc: 34.68mg (231.2%), Vitamin B3: 37.58mg (187.92%), Selenium: 118.62µg (169.45%), Phosphorus: 1352.1mg (135.21%), Vitamin B6: 2.69mg (134.3%), Iron: 16.51mg (91.7%), Potassium: 2395.25mg (68.44%), Vitamin B2: 1.1mg (64.99%), Vitamin B5: 4.39mg (43.89%), Magnesium: 153.66mg (38.42%), Copper: 0.54mg (27.04%), Vitamin B1: 0.28mg (18.83%), Vitamin E: 2.18mg (14.52%), Folate: 34.4µg (8.6%), Manganese: 0.16mg (7.94%), Calcium: 69.98mg (7%), Vitamin A: 275.71IU (5.51%), Vitamin D: 0.68µg (4.54%), Vitamin K: 3.6µg (3.43%), Fiber: 0.4g (1.6%)