



## Sunny's Honey BBQ Oven Short Ribs

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

READY IN



**305 min.**

SERVINGS



**6**

CALORIES



**682 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon cayenne pepper
- 0.5 teaspoon cumin
- 2 teaspoons garlic powder
- 0.5 cup honey
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon onion powder
- 2 teaspoons oregano dry
- 6 pounds short-ribs (bone-in cut into 5 to 6-inch strips)

0.3 cup paprika sweet

## Equipment

bowl

oven

aluminum foil

tongs

## Directions

Watch how to make this recipe.

Heat the oven to 300 degrees F.

In a small bowl, combine the paprika, onion powder, 4 teaspoons salt, oregano, garlic powder, cumin, cayenne pepper and a few grinds of black pepper. Rub the mixture all over the ribs and allow it to sit at room temperature for 1 to 2 hours at the most.

Place the ribs snugly in an oven dish with the fat side of each rib facing up. Cover tightly with aluminum foil and don't be afraid to top the dish with another heavy dish to ensure the seal! Cook in the oven for 2 1/2 hours, at this point the meat should be falling off the bones.

Remove the ribs from the oven and raise the temperature to 425 degrees F.

Using a pair of tongs, flip and move the beef around a bit.

Drizzle the honey evenly over the top of each rib.

Place the ribs back in the oven, this time leaving it uncovered and cook another 10 to 15 minutes.

## Nutrition Facts



**PROTEIN 37.84%** **FAT 45.65%** **CARBS 16.51%**

## Properties

Glycemic Index:24.38, Glycemic Load:12.33, Inflammation Score:-9, Nutrition Score:32.724782474663%

## Nutrients (% of daily need)

Calories: 681.61kcal (34.08%), Fat: 34.42g (52.96%), Saturated Fat: 14.46g (90.35%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 25.76g (9.37%), Sugar: 23.8g (26.44%), Cholesterol: 195.36mg (65.12%), Sodium: 221.36mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.2g (128.39%), Vitamin B12: 11.23µg (187.08%), Zinc: 16.19mg (107.94%), Vitamin B6: 1.43mg (71.47%), Selenium: 48.65µg (69.5%), Phosphorus: 654.51mg (65.45%), Vitamin B3: 11.84mg (59.22%), Iron: 8.7mg (48.31%), Vitamin A: 2265.11IU (45.3%), Potassium: 1337.21mg (38.21%), Vitamin B2: 0.58mg (34.32%), Vitamin B1: 0.34mg (22.56%), Magnesium: 86.22mg (21.55%), Copper: 0.29mg (14.51%), Vitamin B5: 1.22mg (12.15%), Manganese: 0.22mg (10.94%), Vitamin E: 1.47mg (9.82%), Fiber: 2.24g (8.97%), Vitamin K: 8.05µg (7.67%), Folate: 25.56µg (6.39%), Calcium: 56.52mg (5.65%)