



Tender Grilled Short Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings pepper black freshly ground



2 pounds beef short ribs boneless (see note above)

Equipment



knife



grill



kitchen thermometer



aluminum foil

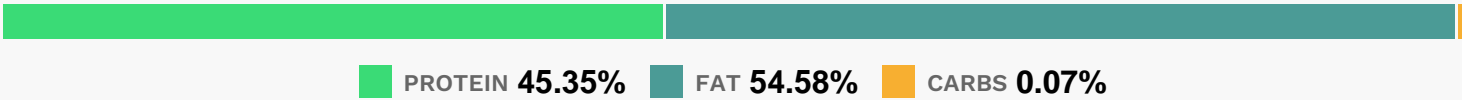


cutting board

Directions

- ☐ If using boneless short ribs, cut into four 8 ounce portions, about 2 inches wide and 6 inches long apiece. If using English-cut short ribs, use a sharp knife to remove meat from bones. Save bones for another use.
- ☐ Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Alternatively, set half the burners on a gas grill to the highest heat setting, cover, and preheat for 10 minutes. Clean and oil the grilling grate.
- ☐ Season short ribs liberally with salt and pepper and place directly over coals. Cook, turning frequently, until charred on all sides and probe thermometer inserted into thickest part of steak register 125°F, 8 to 10 minutes total.
- ☐ Transfer to a cutting board, tent with foil, and let rest for 5 minutes.
- ☐ Thinly slice short ribs against the grain and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:20.246521842059%

Nutrients (% of daily need)

Calories: 392.61kcal (19.63%), Fat: 23.11g (35.56%), Saturated Fat: 9.82g (61.39%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 133.81mg (44.6%), Sodium: 147.44mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.43%), Vitamin B12: 7.69µg (128.14%), Zinc: 10.84mg (72.28%), Selenium: 32.66µg (46.66%), Vitamin B6: 0.88mg (44.24%), Phosphorus: 431.07mg (43.11%), Vitamin B3: 7.74mg (38.7%), Iron: 4.91mg (27.27%), Potassium: 810.99mg (23.17%), Vitamin B2: 0.35mg (20.56%), Vitamin B1: 0.21mg (14.22%), Magnesium: 50.07mg (12.52%), Copper: 0.16mg (7.89%), Vitamin B5: 0.73mg (7.27%), Folate: 13.62µg (3.41%), Manganese: 0.04mg (2.23%), Calcium: 18.59mg (1.86%)