

Beef Short Rib

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-short-rib-cut-recipe>

Ingredients:

- 3 beef short ribs racks
- 2 cups orange juice without pulp
- 1/2 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 1/2 cup worcestershire sauce
- 1 tablespoon soy sauce
- 1 teaspoon hot sauce
- 1 tablespoon dry mustard
- 1 tablespoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon paprika

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 130 milligrams
4. Fat: 89 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 31 grams
8. Sodium: 690 milligrams
9. Sugar: 18 grams

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