You are given an inclusive range [lower, upper] and a **sorted unique** integer array nums, where all elements are within the inclusive range.

A number x is considered **missing** if x is in the range [lower, upper] and x is not in nums.

Return *the* ***shortest sorted*** *list of ranges that* ***exactly covers all the missing numbers***. That is, no element of nums is included in any of the ranges, and each missing number is covered by one of the ranges.

**Example 1:**

Input: nums = [0,1,3,50,75], lower = 0, upper = 99  
Output: [[2,2],[4,49],[51,74],[76,99]]  
Explanation: The ranges are:  
[2,2]  
[4,49]  
[51,74]  
[76,99]

**Example 2:**

Input: nums = [-1], lower = -1, upper = -1  
Output: []  
Explanation: There are no missing ranges since there are no missing numbers.

**Constraints:**

* -109 <= lower <= upper <= 109
* 0 <= nums.length <= 100
* lower <= nums[i] <= upper
* All the values of nums are **unique**.