

Keto Baby Back Ribs

♥ lowcarblove.com/blog/keto-baby-back-ribs

June 3, 2021



Servings: 4

Ribs

Ingredients:

- Ribs St Louis Babyback
- Bbq sauce (recipe in Keto BBQ Chicken blog)

Dry Rub

Ingredients:

- 1/4 cup of sweetener
- 1/8 teaspoon of molasses
- 2 teaspoons of salt
- 2 teaspoons of black pepper
- 2 teaspoons of smoked paprika
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder

- 1 teaspoon of ground mustard
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of cayenne pepper

Directions:

1. Heat oven to 275 degrees Fahrenheit.
2. Add all ingredients for the rub into a bowl and mix well.
3. Set aside.
4. Remove the thin membrane covering the back of ribs.
5. Season both sides of the ribs with a prepared dry rub.
6. Place the ribs, meat-side up, into a foil lined baking sheet.
7. Cover the baking sheet tightly with aluminum foil, and then bake until the meat falls easily from the bones, 3 to 4 hours.
8. Remove the ribs from the oven and brush both sides with barbecue sauce.
9. Enjoy!

Nutrition:

Nutrition per serving:

- 1g Net Carb
- 0g Fiber
- 1g Total Carbs
- 16g Protein
- 9g Fat

- 146 Calories

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