



Dry Rub Baby Back Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



1570 min.

SERVINGS



5

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds baby back ribs cut into 2-rib servings
- 0.3 teaspoon cayenne pepper
- 1.5 teaspoons brown sugar dark packed
- 0.8 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 1.5 teaspoons orange zest finely grated
- 1 tablespoon paprika
- 1.5 teaspoons salt

Equipment

- bowl
- oven
- roasting pan

Directions

- In a small bowl, stir together all ingredients except the ribs. Rub spice mixture all over the ribs. Cover and refrigerate ribs for at least 2 hours or up to 24 hours.
- Preheat oven to 400 degrees F.
- Place the ribs in a roasting pan.
- Bake for 1 to 2 hours, until meat easily pulls off the bones.

Nutrition Facts

PROTEIN 33.53% **FAT 64.64%** **CARBS 1.83%**

Properties

Glycemic Index:16.8, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:24.549564926521%

Nutrients (% of daily need)

Calories: 523.12kcal (26.16%), Fat: 37.6g (57.85%), Saturated Fat: 13.26g (82.88%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.33g (1.47%), Cholesterol: 157.74mg (52.58%), Sodium: 898.42mg (39.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.89g (87.78%), Selenium: 70.33µg (100.47%), Vitamin B3: 15.66mg (78.31%), Vitamin B1: 1.05mg (70.17%), Vitamin B6: 1mg (50.03%), Vitamin B2: 0.72mg (42.19%), Zinc: 5.89mg (39.27%), Phosphorus: 358.74mg (35.87%), Vitamin B12: 1.28µg (21.34%), Vitamin B5: 1.91mg (19.12%), Potassium: 609.64mg (17.42%), Vitamin D: 2.51µg (16.76%), Vitamin A: 788.88IU (15.78%), Iron: 2.28mg (12.66%), Copper: 0.23mg (11.27%), Magnesium: 40.92mg (10.23%), Calcium: 80.3mg (8.03%), Vitamin E: 1mg (6.66%), Manganese: 0.08mg (4.03%), Fiber: 0.66g (2.65%), Vitamin K: 1.55µg (1.47%), Vitamin C: 0.93mg (1.12%)