

# Dry Rub Ribs

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons thyme leaves dried
- 1 tablespoon rosemary fresh chopped
- 2 teaspoons garlic powder
- 2 teaspoons ground pepper black
- 3 tablespoons ground sage
- 3 tablespoons lemon pepper
- 4 pounds pork spareribs

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Mix the sage, lemon pepper, rosemary, garlic powder, thyme, and black pepper in a small bowl. Rub mixture onto the spareribs. Arrange ribs on a large baking sheet.
- Bake in the preheated oven until very tender, about 2 hours.

## Nutrition Facts

**PROTEIN 22.47%** **FAT 75.66%** **CARBS 1.87%**

## Properties

Glycemic Index:11.5, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:30.699999899968%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 854.65kcal (42.73%), Fat: 71.06g (109.32%), Saturated Fat: 22.91g (143.19%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.07g (0.08%), Cholesterol: 241.92mg (80.64%), Sodium: 246.65mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.47g (94.95%), Selenium: 67µg (95.71%), Vitamin B6: 1.79mg (89.64%), Vitamin B3: 14.22mg (71.12%), Vitamin B1: 0.98mg (65.49%), Zinc: 7.7mg (51.36%), Vitamin D: 6.96µg (46.37%), Vitamin B2: 0.77mg (45.42%), Phosphorus: 438.11mg (43.81%), Manganese: 0.57mg (28.42%), Vitamin K: 28.87µg (27.49%), Potassium: 808.1mg (23.09%), Iron: 3.88mg (21.55%), Vitamin B5: 1.95mg (19.51%), Vitamin B12: 1.15µg (19.15%), Copper: 0.31mg (15.37%), Magnesium: 60.74mg (15.18%), Calcium: 86.27mg (8.63%), Vitamin E: 1.26mg (8.42%), Fiber: 1.59g (6.36%), Vitamin A: 101.47IU (2.03%), Folate: 5.11µg (1.28%)