



Dry Rub Ribs- Memphis (Dave's Dinners)

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

135 min.

SERVINGS

servings

15

CALORIES

calories

116 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 pounds baby back ribs
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon oregano dry
- ☐ 2 teaspoon paprika
- ☐ 25 grinds pepper fresh black
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar

☐ 3 tablespoons vegetable oil

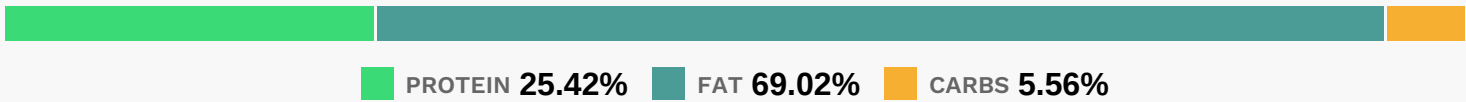
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 300 degrees F.
- ☐ Mix the rub ingredients together well in a small bowl.
- ☐ Remove the membrane from the bone side of the ribs, then rub the vegetable oil onto the ribs.
- ☐ Pour the rub over the ribs and work the rub fully and evenly into the ribs.
- ☐ Spread the ribs out evenly on a foil-lined baking sheet.
- ☐ Bake until tender and juicy on the inside and crispy on the outside, about 2 to 2 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:5.4308695373652%

Nutrients (% of daily need)

Calories: 116.31kcal (5.82%), Fat: 9.07g (13.96%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.32g (0.35%), Cholesterol: 26.29mg (8.76%), Sodium: 188.97mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Selenium: 11.81µg (16.88%), Vitamin B3: 2.64mg (13.21%), Vitamin B1: 0.18mg (11.87%), Manganese: 0.23mg (11.6%), Vitamin B6: 0.17mg (8.71%), Vitamin K: 8.81µg (8.39%), Vitamin B2: 0.12mg (7.29%), Zinc: 1.01mg (6.74%), Phosphorus: 63.11mg (6.31%), Potassium: 127.11mg (3.63%), Iron: 0.65mg (3.61%), Vitamin B12: 0.21µg (3.56%), Vitamin B5: 0.34mg (3.43%), Vitamin A: 166.67IU (3.33%), Copper: 0.06mg (3.05%), Vitamin E: 0.45mg (2.98%), Vitamin D: 0.42µg (2.79%), Magnesium: 10.32mg

(2.58%), Fiber: 0.59g (2.38%), Calcium: 23.32mg (2.33%)