

BBQ Pork Ribs

Hands-on 15 minutes Overall 75 minutes (+ marinating)

Nutritional values (per serving): Total carbs: 4.1 g, Fiber: 1.1 g, Net carbs: 3 g,

Protein: 38.9 g, Fat: 46.5 g, Calories: 586 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

2 average racks pork ribs (1.6 kg/ 3.5 lb) - *will yield about 50%*

meat

1 medium shallot or 1/2 medium white onion (60 g/ 2.1 oz)

2 cloves garlic

1 tsp cumin

1 tsp paprika

1 tsp chile powder

1/4 cup extra virgin olive oil (60 ml/ 2 fl oz)

1 tsp salt (smoked works best)

1/2 tsp freshly ground pepper (*I used white*)

Optionally: serve with Spicy Chocolate BBQ Sauce (+ 1.8 g net carbs / 2 tbsp)

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Instructions

1. Prepare the ribs the night before (or at least a couple of hours in advance). First, chop them into pieces.
2. Now, let's prepare the marinade. Place all other ingredients in a blender and pulse until smooth.
3. Cover the ribs in the prepared marinade and place them in the fridge overnight (or at least a few hours).
4. Preheat the oven to **medium-low** 150 °C/ 300 °F. Place the marinated ribs in the oven and cook slowly for 60-75 minutes.
5. When the ribs are cooked, turn the oven off and take them out. You can also half-open the oven and leave the ribs in until you're ready to eat. You can serve them with BBQ sauce or ketchup (sugar-free!). If you have trouble finding a good low-carb BBQ sauce, try Spicy Chocolate BBQ Sauce (+ 1.8 g net carbs / 2 tablespoons)!

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