

Low-Carb BBQ Pork Ribs

Hands-on 15 minutes Overall 10 hours

Nutritional values (per serving, about 4 ribs): Total carbs: 4.1 g, Fiber: 1.1 g, **Net carbs: 3 g**,

Protein: 38.9 g, Fat: 46.5 g, Calories: 587 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 chili powder

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

1 tsp smoked sea salt

1/2 tsp freshly ground pepper

Optionally: serve with Spicy Chocolate BBQ Sauce

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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. 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 (fan assisted), or 170 °C/ 340 °F (conventional). Cover with a baking foil, place the marinated ribs in the oven and cook slowly for 2 hours and 30 minutes.
5. After 2 hours and 30 minutes, remove the foil and cook for 15 minutes.
6. 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 sugar-free ketchup. If you have trouble finding a good low-carb BBQ sauce, try Spicy Chocolate BBQ Sauce.