



KETO BBQ RIB RUB

INGREDIENTS

- ¼ cup Paprika
- 1 tbsp Onion Powder
- 1 tbsp Garlic Powder
- 1 tbsp Chili Powder
- 2 tbsp Salt
- 1 tbsp black Pepper
- ½ tbsp cumin
- ¼ cup Sweet Like Sugar

PRO TIP: Use a toothpick to see if the ribs are tender by gently poking the ribs in between the bones at the thickest part of the rack. The toothpick should puncture the meat with almost no tension. If the ribs feel tough continue cooking wrapped until the ribs become tender.

INSTRUCTIONS

Combine all ingredients in a bowl and store at room temperature in an airtight container.

Title	Rib Rub
Servings	24
Nutrition Facts (per 1 Serving)	
Calories	7
Total Fat	0.2 g
Saturated	0 g
Trans	0 g
Polyunsaturated	0.1 g
Monounsaturated	0 g
Cholesterol	0 mg
Sodium	44.4 mg
Total Carbohydrates *	1.5 g
Dietary Fiber	0.7 g
Sugar	0.3 g
Added Sugars	0 g
Protein	0.3 g
Vitamin D	0 %
Calcium	1.9 %
Iron	2.2 %
Potassium	44.8 mg
Vitamin A	13.3 %
Vitamin C	0.2 %