



# Cast Iron Pork Ribs

Fool Proof, Tender and Juicy



MACROS:  
230 calories  
16g fat  
19g protein  
2 net carbs

## INGREDIENTS

1 rack pork ribs  
(between 4-5lbs)

### Seasoning Rub:

2 T Monk fruit  
1 t salt  
1 1/2 t paprika  
1/4 t allspice  
1/4 t ginger  
1 T sriracha  
1 t ginger  
1 t turmeric  
1 t minced onion  
1/2 t mustard

## DIRECTIONS

Preheat oven to 300\* f

Combine the seasoning rub  
liberally cover rib rack with olive oil

apply the seasoning rub, saving some for  
the end of the cooking process

wrap your ribs in tin foil

bake in oven at 300\* for 3 hours

remove tin foil and add remaining rub

broil at 500\* for 5-10 minutes