

# ST. LOUIS STYLE RIBS



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

- ★ 1 rack St. Louis ribs, 2 pounds, peeled and trimmed

### For the dry rub:

- ★ 1 tablespoon monk fruit brown granulated sweetener
- ★ 1 teaspoon smoked paprika
- ★ 1 teaspoon garlic powder
- ★ 1 teaspoon onion powder
- ★ 1 teaspoon ground coriander
- ★ ½ teaspoon ground black pepper
- ★ ½ teaspoon oregano
- ★ ½ teaspoon dry mustard
- ★ ¼ to ½ teaspoon cayenne, as desired

### For the barbecue sauce:

- ★ ½ cup no sugar tomato-based barbecue sauce
- ★ 1 tablespoon spicy brown mustard
- ★ 1 teaspoon apple cider vinegar
- ★ 1 teaspoon Worcestershire sauce
- ★ ½ teaspoon smoked paprika

## DIRECTIONS

Heat oven to 350 degrees F. Lay a large piece of foil on a cutting board and set ribs on foil meaty side down. In a bowl, combine all dry rub ingredients. Sprinkle half of the rub evenly over the ribs, flip rack over and repeat with the remaining rub. Cover ribs with a second large piece of foil and tightly crimp edges all the way around. Line a rimmed baking sheet with foil and set a baking rack on a baking sheet. Transfer ribs to baking rack and bake until ribs are tender when pierced with a knife in the thickest part of the ribs, about 2½ hours.

While ribs are cooking, combine barbecue sauce ingredients. When ribs are tender, remove top piece of foil and turn broiler on. Baste ribs with half of sauce and broil 5 minutes. Baste ribs a second time and broil until browned all over, about 5 minutes longer. Transfer ribs to a cutting board and cut between the bones. Brush with any remaining sauce.

### Serving Size and Nutritional Information:

**Serves 6** (Serving Size = 169g)  
**240** Calories Per Serving, **10g** Total Fat,  
**4g** Total Carbohydrates, **32g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://MyType2Transformation.com).



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