

# Fall off the Bone Ribs

Yield: 7 min  
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/mrs-dash-italian-seasoning-recipe>

## Ingredients:

- 4 pounds baby back ribs Country Style Ribs, or Pork Spare Ribs
- 1 onion medium, sliced
- 1 head garlic pressed
- 1 cup mayo real
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 bay leaves
- Mrs Dash
- italian seasoning
- 16 ounces bbq sauce bottle of your favorite

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 200 milligrams
4. Fat: 42 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 7 grams
8. Sodium: 1470 milligrams
9. Sugar: 20 grams

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