

Oven Baked BBQ Ribs

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-bbq-ribs-recipe>

Ingredients:

- 2 ribs slabs St Louis Style
- 1/2 cup brown sugar
- 3 tablespoons smoked paprika
- 1 1/2 teaspoons cayenne pepper
- smoked salt
- pepper
- honey mustard prepared

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 100 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 35 grams
7. SaturatedFat: 9 grams
8. Sodium: 320 milligrams
9. Sugar: 18 grams

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