

# Southern Memphis-Style Dry Rub Ribs

Yield: 4 min  
Total Time: 160 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-dry-rub-recipe-for-ribs>

## Ingredients:

- 1 1/2 tablespoons paprika
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 2 teaspoons brown sugar
- 2 teaspoons kosher salt
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne
- 2 pounds baby back ribs
- 1/4 cup vegetable oil

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 170 milligrams
4. Fat: 41 grams
5. Fiber: 1 grams
6. Protein: 44 grams
7. SaturatedFat: 6 grams
8. Sodium: 1340 milligrams
9. Sugar: 2 grams

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