

Nutrition Facts

Ribs have a lot of Nutrition like Iron, Protein, Choline, Ni, Cu and Vitamin B6 and B12 are a part of a balanced diet. Protein 19g, Iron 11%, Vitamin B6 10%

Fact 5:

One serving of beef is 3 ounces about the size of a deck of cards.

Fact 4: Pastures help prevent soil erosion.

Fact 1: Cattle are produced in all 50 states.

Fact 3: 1/3 of Iowa corn is used to feed livestock.

Fact 2: Steers can weigh over 1,200 pounds.

RIBS

on

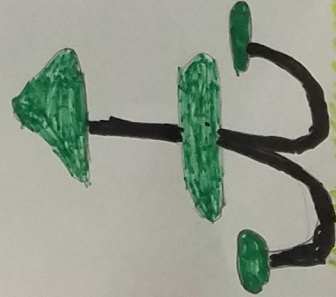
WHEELS

Recipe

Get 2-1/2 lb Slab of Ribs. And take off any fat on the top. Now here is what you need to make a homemade Rub. 2 teaspoons salt, 1 teaspoon pepper, 1 teaspoon garlic powder, 1/2 teaspoon each onion powder, Curmin, and smoked paprika, and 1/4 teaspoon cayenne pepper, and combine. Sprinkle on both sides of the ribs. Put in fridge, 2 hours or overnight. Put ribs in foil lined paper. Cover completely, and bake 2-1/2 hours. When done put BBQ on ribs. Put ribs in for 30 minutes then enjoy.



You should eat ribs because it is apart of a balanced diet. It has two types of vitamins, B6 and B12, and it tastes good. That's why you should eat ribs.



Find us on Ribs on wheels.com