

NAME

Candied Pork Rinds

DESCRIPTION

Sometimes, the hardest part of eating keto is the call of the sweet and salty crunchy snack. Movie night calls for a warm treat. What to do? I finally figured it out.

When I discovered KetoLuxe Microwave Pork Rinds, I knew I had struck gold. No more settling for room-temperature puffs that were half crushed from being in the back of the car. I pop some of these babies and douse them in Candied Everything Seasoning for that salty sweet kettle taste.

PREP

Less than 5 minutes

COOK

Less than 5 minutes

INGREDIENTS

- 1 cup KetoLuxe Microwave Pork Rinds, popped
- 1 tablespoon butter, melted
- 1 ounce KetoLuxe Candied Everything Seasoning

INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a medium bowl, toss KetoLuxe Microwave Pork Rinds in butter.
3. Add KetoLuxe Candied Bacon Seasoning and toss again.
4. Place KetoLuxe Microwave Pork Rinds in a single layer on a sheet pan.
5. Bake for 10 minutes.
6. Serve warm.

YIELD

1 serving

Notes

Want a different flavor? Substitute any other KetoLuxe Seasoning Blend. Sam loves crab chips and uses Chesapeake Bay Seasoning when she makes these.

If you make the pork rinds on the stovetop, you can omit the butter and baking. Just sprinkle with seasoning.

NUTRITION BREAKDOWN, EACH SERVING

Net carbs: 0 grams
Sugar alcohols: 8 grams
Total carbs: 11 grams
Fiber: 3 grams
Fat: 2 grams
Protein: 9 grams

Sodium: 290 milligrams

Calories: 60

Glycemic load: 0