

# Cinnamon and Sugar Pork Rinds



Serves 4

Ingredients:

- 2 ounces fried pork rinds
- 2 teaspoons ground cinnamon
- 2 teaspoons granulated low-carb sweetener
- 2 tablespoons butter, melted

## Instructions:

1. Spread out the pork rinds in a large, shallow dish, or place in a large zip-top bag. In a small bowl, combine cinnamon and sweetener.
2. Drizzle melted butter over the pork rinds while shaking the dish or bag to evenly distribute the butter on all sides of the rinds.
3. Sprinkle with cinnamon and sweetener, stirring to coat.

Nutrition per serving: Calories 132; Total Fat 10.2 g; Saturated Fat 5.3 g; Monounsaturated Fat 3.6 g; Polyunsaturated Fat: 0.7 g; Total Carbohydrates 1.3 g; Dietary Fiber 0.7 g; Sugar Alcohols 0.0 g; Sugars 0.2 g; Protein 8.8 g; Sodium 303 mg