

# Cinnamon and Sugar Pork Rinds

 **Gluten Free**

READY IN



**3 min.**

SERVINGS



**2**

CALORIES



**260 kcal**

## Ingredients

- 2 tablespoons butter melted
- 2 teaspoons ground cinnamon
- 2 ounces wonton skins
- 2 teaspoons artificial sweetener splenda® (such as )

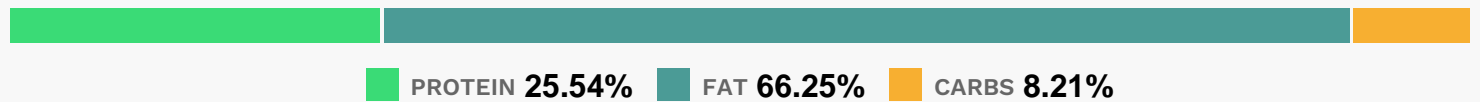
## Equipment

- bowl
- baking pan

## Directions

- Spread the pork rinds out in a large baking dish. In a small bowl, stir together the cinnamon and sweetener.
- Drizzle melted butter over the pork rinds while shaking the dish to evenly distribute the butter on all sides of the rinds.
- Sprinkle with the cinnamon and sweetener, stirring to coat.

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:1.8526086703591%

## Nutrients (% of daily need)

Calories: 259.54kcal (12.98%), Fat: 20.17g (31.03%), Saturated Fat: 10.32g (64.51%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 1.56g (0.57%), Sugar: 1.05g (1.17%), Cholesterol: 57.03mg (19.01%), Sodium: 611.28mg (26.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.98%), Manganese: 0.35mg (17.47%), Vitamin A: 369.93IU (7.4%), Fiber: 1.06g (4.25%), Calcium: 31.9mg (3.19%), Vitamin E: 0.37mg (2.47%), Iron: 0.42mg (2.36%), Vitamin K: 1.6µg (1.53%)