



Crispy Pork Cracklings



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup kosher salt
- ☐ 1.5 pounds boston butt pork shoulder whole cut in to 1/5 inch slices

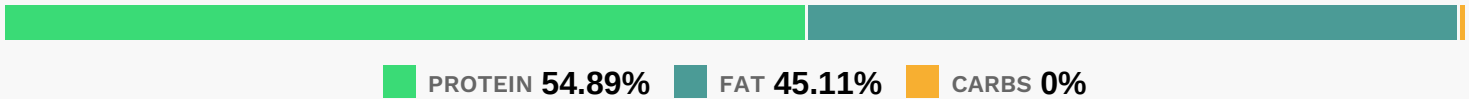
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Toss the pork rind slices in some salted boiling water and boil for one minute.
- ☐ Remove, strain, rinse in cold water, and let drip off.
- ☐ Mix slices with generous amount of salt and spread out evenly on sheet pan. Roast in a 400°F oven until crispy, 25 to 35 minutes (turn cracklings occasionally to cook evenly).
- ☐ Drain and cool on paper towels and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.83695647493%

Nutrients (% of daily need)

Calories: 76.78kcal (3.84%), Fat: 3.7g (5.7%), Saturated Fat: 1.28g (8.01%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 34.76mg (11.59%), Sodium: 4754.99mg (206.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Vitamin B1: 0.46mg (30.57%), Selenium: 15.32µg (21.88%), Vitamin B3: 2.22mg (11.09%), Zinc: 1.64mg (10.94%), Vitamin B6: 0.22mg (10.77%), Phosphorus: 104.8mg (10.48%), Vitamin B2: 0.16mg (9.58%), Vitamin B12: 0.44µg (7.26%), Potassium: 177.88mg (5.08%), Vitamin B5: 0.43mg (4.26%), Iron: 0.67mg (3.74%), Magnesium: 11.02mg (2.75%), Copper: 0.05mg (2.7%), Calcium: 10.18mg (1.02%)