



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

## *Bread Crumbs, Seasoned*

Yield: 1 cup

Prep time: 10 minutes

Total time: 10 minutes

### *Ingredients*

1 cup plain pork rinds, finely crushed

½ teaspoon sea salt

½ teaspoon dried parsley

½ teaspoon black pepper

½ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon oregano

¼ teaspoon basil

### *Directions*

Crush pork rinds by using a food processor, or placing in a bag and smashing with a rolling pin or something heavy. Measure 1 cup of the crushed pork rinds and mix all spices together. This can be used as a substitute for any recipe that calls for Italian seasoned bread crumbs.

## Macronutrient Breakdown

# Nutrition Facts

Serving Size: 1 full recipe

Amount Per Serving		% Daily Value*
<b>Calories</b>	1146 kcal	57 %
<b>Total Fat</b>	40.6 g	62 %
Saturated Fat	16.2 g	81 %
Trans Fat	0 g	
<b>Cholesterol</b>	324 mg	108 %
<b>Sodium</b>	5222 mg	218 %
<b>Total Carbohydrate</b>	2.8 g	1 %
Dietary Fiber	0.8 g	3 %
Sugars	0.1 g	
<b>Protein</b>	178.8 g	358 %
Vitamin A	0 %	Vitamin C 1 %
Calcium	2 %	Iron 3 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.