

These Crunchy Air Fryer Fried Pickles are Delicious

Yield: 16 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-recipe-dill-pickle-pork-rinds>

Ingredients:

- 1/2 cup pork rinds crushed, Try spicy pork rinds for added flavor!
- 3 tablespoons Parmesan cheese
- 16 dill pickles sliced
- 1/2 cup almond flour
- 1 large egg beaten
- 1 teaspoon olive oil cooking spray

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 15 milligrams
4. Fat: 2.5 grams
5. Protein: 2 grams
6. Sodium: 30 milligrams

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