



The Secret, Healthy Life Of Pork Rinds

(NAPSA)—If you think you know all there is to know about pork rinds, think again. They may be a much healthier food than you ever suspected. Consider the following:

- When Men's Health magazine listed their "Top 5 Junk Foods that are Good for You," pork rinds topped the list.

A one-ounce serving of pork rinds contains zero carbohydrates, 17 grams of protein and 9 grams of fat. That's nine times the protein and less fat than a serving of potato chips.

Even better, according to Men's Health, 43 percent of a pork rind's fat is unsaturated, and most of that is oleic acid—the same healthy fat found in olive oil. Another 13 percent of its fat content is stearic acid, a type of saturated fat that is not supposed to raise cholesterol levels.

Pork rinds have also become a favorite of many people who have diabetes—again because they are low in fat and carbohydrates and have a glycemic index of 0.

For example, here's a recipe that uses pork rinds as a coating for fish.

Deep-Fried Walleye with Pork Rind Fish Batter

Pork rinds are so versatile that they can be a substitute for flour at a 1:1 ratio for almost any recipe.



Ingredients

1 lb. walleye

A member of the perch family, walleyed pike has firm, flaky flesh that is very mild in flavor and is suitable for many cooking methods including baking, frying, broiling, grilling and poaching.

2 eggs

½ cup milk

½ cup ground or chopped pork rinds

½ cup any fish breading

Vegetable oil for frying

Directions

Mix eggs and milk together. In a separate bowl, combine pork rinds and fish breading. Dip pieces of fish in milk/egg mixture and then coat with the breading mixture. Deep fry until golden brown.

Makes 6 servings (1½ cups)

Rudolph Foods, based in Lima, Ohio, is the world's largest manufacturer of pork rinds. To learn more and for more recipes, visit www.rudolphfoods.com or call (800) 241-7675.