

# Fried Pickle Chips

**Prep: 45 min Cook: 10 min Total: 1 hr Servings: 5**

Calories: 217 Fat: 11g Protein: 21g Carbs: 5g Fiber: 0g

## Ingredients

- 16oz container of dill pickle chips
- 2 eggs
- 1/2 cup BBF Coconut Flour
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1 1/2 cups ground pork rinds or pork panko

## Directions

1. Air Fryer Instructions:
2. Prepare a breading station: In one shallow bowl, mix coconut flour with salt, pepper, and garlic powder. In a second bowl, whisk the eggs. In a third bowl, place the ground pork rinds.
3. Drain the liquid from the pickles.
4. Bread each pickle: Toss the pickle in the coconut flour mixture. Dip it into the egg. Coat with ground pork rinds.
5. Preheat the air fryer to 400 degrees F for 5 minutes.
6. Arrange the breaded pickles in the air fryer basket, leaving space between each one for even cooking.
7. Air fry for 5-6 minutes, or until golden and crispy.
8. Repeat in batches, if necessary, until all pickles are cooked.
9. Oven Instructions:
10. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper and place a wire rack on top.
11. Prepare the breading station: Mix coconut flour with salt, pepper, and garlic powder in one shallow bowl. Whisk eggs in a second bowl. Place ground pork rinds in a third bowl.
12. Drain the liquid from the pickles.
13. Bread each pickle: Toss in the coconut flour mixture. Dip into the egg. Coat with ground

pork rinds.

14. Arrange the breaded pickles on the wire rack, ensuring space between each one.

15. Bake for 10 minutes, or until pickles are golden and reach your desired level of crispness.

16. Enjoy your Fried Pickle Chips!