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Cajun Pork Riblets

National Pork Producers Council

As delicious to nibble on as chicken wings.

Ingredients

- 1 pound pork ribs, cut into 1" pieces by the butcher
- 2 tablespoons butter, melted
- 1 tablespoon hot pepper sauce
- 1/4 cup Cajun seasoning
- 2 tablespoons [Atkins Bread Crumbs](#)

Directions

1. Heat oven to 350° F. In a small bowl mix butter and hot pepper sauce. In a shallow plate mix seasoning and breadcrumbs.
2. Dip ribs into butter mixture and then seasoning mixture. Arrange on an ungreased baking sheet. Bake 45 minutes, until golden and cooked through. Serve with [blue cheese dipping sauce](#) (see bottom of Chicken Wings recipe), if desired.

[IN BRIEF]

Servings: 4
 Prep time: 10 minutes
 Bake/Cook time: 45 minutes

[NUTRITION PER SERVING]

Carbohydrates: 4 grams
Net Carbs: 3 grams
Fiber: 1 grams
Protein: 14 grams
Fat: 21.5 grams
Calories: 267

Good for
 Atkins Plus:

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