

YIELD: 4 SERVINGS

Crispy Zucchini Fries (Keto + Low Carb)

These Crispy Zucchini Fries are breaded with almond flour, parmesan and spices and baked until perfectly crispy! The perfect keto, low carb side dish! Only 3 net carbs per serving!

PREP TIME

10 minutes

COOK TIME

25 minutes

TOTAL TIME

35 minutes

Ingredients

- 2 medium zucchini
- 1 egg
- 1 tablespoon of low carb ranch dressing, jalapeño ranch dressing or mayonnaise
- 1 cup almond flour
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 cup parmesan cheese

Instructions

1. Preheat oven to 400 degrees
2. Slice two zucchini into fry shapes (as shown in video)
3. Pat the zucchini dry
4. Set up your breading station by setting up two shallow bowls and a baking sheet with a silicone baking sheet or sprayed well with cooking spray.
5. In the first bowl combine the egg and the ranch dressing, mix until completely combined
6. In the second bowl combine the almond flour, spices and parmesan, and mix well.



9. Bake 15 minutes, turn carefully with a fork and bake for 10 minutes more or until golden brown and crisp.
10. Dip in ketchup or ranch dressing!

Nutrition Information: YIELD: 4

Amount Per Serving: CALORIES: 240 TOTAL FAT: 19.7g CARBOHYDRATES: 5.5g FIBER: 2.3g PROTEIN: 11.8g

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CUISINE: American / **CATEGORY:** Side Dish

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