

# Keto Zucchini Fries

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Crispy keto fries made with zucchinis



Prep Time

15 mins

Cook Time

40 mins

Total Time

55 mins

Course: Side Dish Cuisine: American

Diet: Diabetic, Gluten Free, Vegetarian

keyword: healthy zucchini recipes, keto zucchini fries, keto zucchini recipes, zucchini fries

Servings: 8 serve Calories: 101.2kcal



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## Ingredients

- 6 small Zucchini or 3 medium zucchini, total weight 600g
- 2 large Egg whites
- 3/4 cup Grated Parmesan cheese
- 1/2 cup Almond flour
- 1/2 teaspoon Salt
- 1 teaspoon Garlic powder
- 1/2 teaspoon Smoked paprika
- 1/2 teaspoon Dried oregano

## Instructions

1. Preheat oven to 425°F (220°C).
2. Line a large baking tray or 2 small trays with parchment paper. Slightly oil the paper with olive oil or spray oil. Set aside.
3. Trim zucchini ends, don't peel off the skin and cut into medium size fries - about 3 inches long (8 cm) x 0.4-inch diameter (1cm)
4. Slightly pat dry the zucchini fries with absorbent paper. Set aside
5. In a large mixing bowl, whisk together grated parmesan cheese, almond flour, salt, garlic powder, smoked paprika, dried oregano. Set aside.
6. In another medium-size mixing bowl, add the egg whites. Set aside.
7. With one hand, dip zucchini fries, one at a time, into egg white, then with the other hand, roll into the flour parmesan mixture until fully covered.
8. Place each prepared zucchini fry onto the prepared tray, leaving 0.15 inch (0.5 cm) space between each. Don't overlap zucchini fries or they won't bake.
9. Bake for 20 minutes, in the center of the oven. If using 2 trays, bake both at the same time, place both trays around the center rack, one on top of the center rack, and one below the center rack.
10. After 20 minutes, flip each zucchini fries on the other side using tongs.
11. Bake again for 15-20 minutes or until crispy.

12. Serve immediately with homemade sugar-free ketchup or mayonnaise. One serve is about 100 g/3.5oz, about 10 baked zucchini fries

### **Storage**

1. Zucchini fries are better eaten straight after baking. However, you can store some leftovers in an airtight container in the fridge. They soften quickly and must be rewarmed in a hot oven 350°F (180°C) for about 10-15 minutes to get their crisp back.

### **Notes**

**Zucchini size:** the recipe uses 6 small zucchinis, 7 inches long (16 cm) including the zucchini ends.

**Fries size:** one fry is about 3-inch long (8 cm) x 0.4-inch diameter (1cm)

### **Nutrition**

Serving: 1serve (100g/3.5oz about 10 fries) | Calories: 101.2kcal | Carbohydrates: 5.1g | Protein: 7.2g | Fat: 6.5g | Saturated Fat: 1.9g | Cholesterol: 8.3mg | Sodium: 309.8mg | Potassium: 260.6mg | Fiber: 1.8g | Sugar: 2.6g | Vitamin A: 319.7IU | Vitamin C: 15.8mg | Calcium: 134.8mg | Iron: 0.8mg | Net Carbs: 3.3g

*Keto Zucchini Fries - <https://www.sweetashoney.co/keto-zucchini-fries/>*