

# Low-Carb Mixed Vegetable Chips

Hands-on 10 minutes Overall 30-40 minutes

**Nutritional values (per serving, about 1/4 cup):** Total carbs: 8.2 g, Fiber: 2.6 g,

**Net carbs: 5.7 g**, Protein: 1.9 g, Fat: 7.1 g, Calories: 95 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

2 average beetroots (160 g/ 5.6 oz)

1/2 sweet potato (100 g/ 3.5 oz)

4 large parsley roots (400 g/ 14.1 oz)

4 baby *or* 2 medium carrots (200 g/ 7.1 oz)

1/2 tsp sea salt

4 tbsp coconut oil, extra virgin (or olive oil, red palm oil)

## Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Clean and peel all the vegetables.
2. Slice them very thinly on a mandolin. You can do the same job with knife, just make sure you slice them as thin as possible.
3. Place the carrot, parsley root and sweet potato in one bowl and toss them with oil. Repeat with the beetroot in another bowl. Don't mix the beetroot with the rest of the vegetables or they will get pink. Place the vegetables on a baking sheet in a single layer. Sprinkle with a pinch of sea salt.
4. Place in the oven and bake for about 25-35 minutes or until crispy. Keep an eye on them and rotate the trays 3-4 times. Remove from the oven and let them cool down to room temperature. ENJOY!

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