

Chips & Crisps: Orange-scented Celeriac Chips

Hands-on 10 minutes Overall 40-50 minutes

Nutritional values (per serving): Total carbs: 10.1 g, Fiber: 2.4 g, **Net carbs: 7.7 g,**

Protein: 2.1 g, Fat: 7.6 g, Calories: 112 kcal,

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



Ingredients (makes 4 servings)

- 1 large celery root (400g / 14.1 oz)
- 2 tbsp fresh orange juice (approx. 1/4 small orange)
- 1 tbsp orange peel (finely grated fresh or dried)
- 1 tsp paprika
- 2 tbsp [ghee](#) or butter (melted) or any oil suitable for cooking
- salt to taste

Note: Oils that have high smoke points are suitable for cooking (avocado oil, [coconut oil](#), macadamia oil, red palm oil, etc.). When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 150 °C/ 300 °F. Peel the celery root and slice thinly on a mandolin. If you are using a knife, make sure the slices are no more than 1/8 inch (1/4 cm) thin.
2. In a bowl, mix warmed ghee, paprika, orange juice and orange peel. Add the celery root and mix well to allow the oil everywhere.
3. Place the celery root on a non stick baking tray or a baking tray lined with a baking paper, season with salt and place in the oven. Cook for about 30-40 minutes or until golden brown. Check the chips at least every 10 minutes and remove any that seem cooked before they get burned. Cooking time depends on the thickness of the slices and also on the oven.
4. Remove from the oven and let the chips cool down before you remove them from the baking tray. Eat them soon, as they may get soggy if you leave them for too long. ENJOY and as always: Get ready for my next post! :)

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