

Rosemary & Garlic Eggplant Chips

Hands-on 10 minutes Overall 35-40 minutes

Nutritional values (per serving): Total carbs: 7.5 g, Fiber: 4.3 g, **Net carbs: 3.1 g,**

Protein: 1.3 g, Fat: 11.5 g, Calories: 133 kcal,

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



Ingredients (makes 4 servings)

2 average eggplants (500g / 17.6 oz)

3 tbsp ghee, butter (melted) or [extra virgin olive oil](#)

1 clove garlic

1 tbsp fresh (or dried) rosemary

salt to taste (I used [pink Himalayan](#))

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Slice the eggplants into about 1/2 cm / 1/4 inch pieces with a knife.
I sliced them slightly diagonally to get them as big as possible (they will shrink a lot).
2. Lay the eggplant in a single layer on a baking sheet lined with baking foil or parchment paper and sprinkle with salt. Let it sit for up to an hour to leach out water before baking. Use a paper towel to tap on each slice and remove any excessive water.
3. Preheat the oven to 175 °C/ 350 °F. In a small bowl, mix the melted ghee (butter or extra virgin olive oil), chopped rosemary and mashed garlic.
4. Brush each slice from both sides with the oil mixture, add more salt if needed and place in the oven for 20-30 minutes. You may need to remove some of the eggplant at a time depending on the thickness of each slice and also on distribution of heat in your oven.
5. Remove from the oven and eat soon. Like other vegetable chips, eggplant chips tend to get soggy if you leave them for too long. If that happens, just add them back to the oven for a couple of minutes. ENJOY! *Suggestion: You can try eggplant chips with simple creamy dip. You will need 1 cup of sour cream (240g / 8.5 oz) and 1 medium spring onion, thinly chopped. 1 serving: 1/4 cup of creamy dip will add about 1.9g of net carbs.*

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