

Simple Low-Carb Parmesan Crisps

Hands-on 5 minutes Overall 15-20 minutes

Nutritional values (per serving, about 8 crisps): Total carbs: 4.1 g, Fiber: 1.6 g,

Net carbs: 2.5 g, Protein: 19.3 g, Fat: 14.2 g, Calories: 226 kcal,

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



Ingredients (makes 4 servings)

200 g Parmesan cheese *or* other Italian hard cheese (7.1 oz)

4 level tbsp [coconut flour](#) (32 g/ 1.1 oz)

Optional: 1-2 tsp rosemary, oregano *or* any herbs of choice, dried *or* fresh, *or* crushed black pepper

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). In a bowl, mix the coconut flour and grated parmesan cheese. Don't use finely grated ("powdery") parmesan cheese, as it wouldn't work in this recipe. You can add any herbs you like. I tried oregano and rosemary and loved both of them!
2. Scoop a teaspoon of the cheese mixture onto a baking tray lined with baking paper leaving a small gap between each. Place in the oven and cook for 10-15 minutes or until golden brown.
3. Remove from the oven and let the crisps cool down before you remove them from the baking tray.

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