

# Low-Carb Spicy Zucchini Chips

Hands-on 15 minutes Overall 80-90 minutes

**Nutritional values (per serving):** Total carbs: 4.6 g, Fiber: 1.4 g, **Net carbs: 3.2 g,**

Protein: 1.4 g, Fat: 3.8 g, Calories: 54.4 kcal,

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



## Ingredients (makes 4 servings)

2 average zucchini or 4 baby zucchini (400g / 14.1 oz)

1 lime (juice)

1 tbsp lime zest (fresh)

1 tbsp olive oil or [coconut oil](#) (cooking spray)

1/2-1 tsp chili powder (1 tsp will make it quite hot)

1/2 tps alt (I use [pink Himalayan](#))

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

## Instructions

1. Preheat the oven to low, 110 °C/ 230 °F. Wash, dry, zest and juice the lime. Mix the lime juice, chili pepper and lime zest in a small bowl.
2. Slice the zucchini thinly on a mandolin. You can do the same job with knife, just make sure you slice it as thin as possible. Cover the slices in the spices.
3. Spread the zucchini slices in a single layer on a baking tray lined with baking paper. You can put them close, they will shrink to about 60%. Sprinkle with salt and spray with cooking oil. Place in the oven and cook for 45-60 minutes or until golden and crispy.
4. Enjoy! :-)

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