

Low-Carb Spicy Zucchini Chips

Hands-on 15 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, about 1/4 cup): Total carbs: 4.6 g, Fiber: 1.4 g,

Net carbs: 3.2 g, Protein: 1.4 g, Fat: 3.8 g, Calories: 54 kcal,

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



Ingredients (makes 4 servings)

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

juice and zest from 1 lime

1 tbsp olive oil *or* [coconut oil](#)

1/2 tsp chili powder

1/2 tsp sea salt

Instructions

1. Preheat the oven to low, 110 °C/ 230 °F (fan assisted), or 130 °C/ 265 °F (conventional). 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% of its original volume. Sprinkle with salt and spray with cooking oil. Place in the oven and cook for 45-60 minutes or until golden and crispy.
4. Serve immediately or store in an airtight container for up to a week.

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