

# Low-Carb "French Fries"

Hands-on 10 minutes Overall 35-45 minutes

**Nutritional values (per serving):** Total carbs: 12.5 g, Fiber: 3.9 g, **Net carbs: 8.6 g,**

Protein: 1.9 g, Fat: 7.2 g, Calories: 113 kcal,

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



## Ingredients (makes 4 servings)

- 1 large swede (600g / 1.3 lb / 21.2 oz)
- 2 tbsp [extra virgin coconut oil](#) or other cooking oil
- 1/2 tsp paprika
- dash freshly ground black pepper
- 1/2 tsp salt (I use [pink Himalayan](#))
- optional:* 1/4 tsp ground cloves

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

## Instructions

First, preheat the oven to 225 °C/ 450 °F. Wash and peel the swede. Cut them into spears about 1/4 inch / 1/2 cm wide (or even less for crisping them up). As I realised in my [previous post](#), the wider you cut them, the more difficult it will be to make them crispy. Place the fries into a bowl and remove any excess water using a paper towel. In a small bowl, mix the oil, paprika, salt, pepper and ground cloves (if used). Pour the oil mixture over the fries evenly and place them on a baking tray lined with baking paper. Make sure the tray is not overcrowded and use two of them if needed. Cook for 25-35 minutes (it depends on how thick you cut them). Check the fries regularly and turn the baking tray a couple of times to make sure they are evenly cooked. Remove from the oven and serve with meat and sugar-free ketchup or mayonnaise ([try my home-made mayo](#)). Enjoy hot and don't leave them for too long or they will get soggy. *Note: If your daily carbs target is low, serve them with meat to make sure you don't eat any additional carbs.*

UPDATE: Based on some recent feedback, frying a rutabaga is not ideal. Just use the oven method to make sure you don't burn it. Also, you may need to adjust the time depending on your oven.

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