

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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