

Garlic & Parmesan Keto Fried Zucchini

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving, 4-6 pieces): Total carbs: 6.5 g, Fiber: 2.2 g, **Net carbs: 4.3 g**,

Protein: 14.3 g, Fat: 16.6 g, Calories: 235 kcal,

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



Ingredients (makes 6 servings)

Zucchini Fries:

2 medium zucchini, sliced into 1 cm (1/2 inch) rounds (340 g/ 12 oz)

2 large eggs

1 1/2 cups grated Parmesan cheese *or* other Italian hard cheese
(135 g/ 4.8 oz)

4 heaping tbsp coconut flour (48 g/ 1.7 oz)

1/2 tsp paprika

1/2 tsp Italian seasoning

1/2 tsp garlic powder

1/2 tsp sea salt *or* pink Himalayan salt

6 tbsp virgin coconut oil *or* ghee, for frying

Yogurt & Herb Dipping Sauce:

1/2 cup plain full-fat yogurt (125 g/ 4.4 oz)

2 tbsp fresh dill, minced

1 tbsp lemon juice (15 ml)

1/2 tsp garlic salt (*or use 1/4 tsp garlic powder + 1/4 tsp salt*)

1/2 tsp pepper

Note: Nutrition facts for coconut oil, which is used for frying, are counted partially (50%).

Instructions

1. Slice the zucchini into 1 cm (1/2 inch) rounds. Arrange 3 bowls with the whisked eggs in one, the parmesan in one, and the coconut flour with spices in the other.
2. Heat the coconut oil in a non-stick skillet over medium high heat. One at a time dip the zucchini into the coconut flour mixture shaking off the excess before dipping into the egg then into the parmesan then place in the skillet frying 1-2 minutes per side until golden brown.
3. Drain each piece on a paper towel lined plate. Once all the zucchini

has been fried mix together the ingredients for the yogurt sauce (prepared by simply mixing the ingredients for the sauce) and serve.

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