

# Keto Tandoori Coconut Chips

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving, 1/2 cup):** Total carbs: 7.5 g, Fiber: 5.1 g, **Net carbs: 2.4 g,**

Protein: 2.1 g, Fat: 22.7 g, Calories: 231 kcal,

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



## Ingredients (makes 4 servings, 2 cups)

2 cups unsweetened coconut chips (*not shredded coconut*) (120 g/ 4.2 oz)

1 tbsp coconut oil (15 ml)

1 tbsp Tandoori seasoning blend (9 g/ 0.3 oz)

*Optional:* sea salt to taste if there is no salt in the seasoning

## Instructions

1. Place the coconut oil and the coconut chips in a large skillet.
2. Sprinkle in the seasoning and cook over low heat for 4-5 minutes, just until the coconut starts to turn a golden color. *Note:*  
*Alternatively, you can bake them in the oven at 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional) for 4-7 minutes, mixing once or twice. Keep an eye on the chips as they burn easily.*
3. Remove from heat and let cool before transferring to an airtight container. Store in an airtight container at room temperature for up to 1 week.

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