

Low-Carb Baked Halloumi Fries

Hands-on 10 minutes Overall 25 minutes



Nutritional values (per serving, 2-3 fries): Total carbs: 4.5 g, Fiber: 2 g, **Net carbs: 2.5 g,**

Protein: 15.9 g, Fat: 23 g, Calories: 292 kcal,

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

Ingredients (makes 4 servings)

1 pack halloumi cheese (250 g/ 8.8 oz)

1/3 cup [coconut flour](#) (40 g/ 1.4 oz)

1 tsp paprika *or* zatar

1/4 tsp sea salt

1 large egg, whisked

1 - 2 tbsp virgin [coconut oil](#), [ghee](#) *or* butter for greasing

Note: Instead of [coconut flour](#), you can use a combination of [almond flour](#) and [flax meal](#) (like we did in [this keto recipe](#)) or [ground pork rinds](#).

Instructions

1. Preheat the oven to 160 °C/ 320 °F (fan assisted) or 180 °C/ 350 °F (conventional). Line a baking tray with greaseproof paper and add the coconut oil (or use baking spray). Place in the oven to melt whilst you prepare the halloumi.
2. Slice the halloumi into 1 cm (1/2 inch) sticks (ideally cut into 8 or into 12 pieces to get 2 or 3 fries per serving). Dry on kitchen paper.
3. Mix the paprika or zatar, coconut flour and seasoning in a bowl. Coat the halloumi sticks in the grain free flour mix.
4. Crack open the egg in a bowl and whisk with a fork.
5. Dip the breaded halloumi into the egg, shake off any excess then carefully roll again in the remaining coconut flour. Repeat for all the sticks.
6. Carefully roll in the hot coconut oil on the baking tray (or use baking spray) and bake in oven for about 12 - 15 minutes until golden and warmed through. Turn every 5 minutes for even cooking.
7. Serve with [Marinara Sauce](#) or [Guacamole](#). Tastes best when served warm straight from the oven. As the halloumi cools down it will become rubbery — reheat if needed.

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