

# Low-Carb Crumbed Portobello Mushrooms

Hands-on 15 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 10.8 g, Fiber: 5.3 g, **Net carbs: 5.5 g**,

Protein: 13.5 g, Fat: 16.4 g, Calories: 230 kcal,

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



## Ingredients (makes 6 servings)

8 Portobello mushrooms, stems and gills removed (672 g/ 1.5 lb)

2 large eggs

1 cup [almond flour](#) (100 g/ 3.5 oz)

1/4 cup [flaxseed meal](#) (38 g/ 1.3 oz)

3/4 cup grated Parmesan (68 g/ 2.4 oz)

1 tbsp smoked paprika

1 tsp garlic powder

1/2 tsp black pepper

1/2 tsp sea salt or [pink Himalayan salt](#)

Optionally, serve with [Keto Ranch Dressing](#)

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## Instructions

1. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Line a large oven tray with baking paper. Slice the mushrooms into thick slices (approx. 1/4 inch/ 1/2 cm)
2. Beat the eggs in one bowl and add all of the dry ingredients into another.
3. Place the mushroom slices, one at a time in the egg bath and then dredge through the dry coating. Make sure each slice is well coated. Place on the oven tray and continue until all slices are coated.
4. Bake for 10 to 15 minutes until browned and crispy, turning over halfway through. Hint: You can give them a mist of olive oil spray to help the crisping process.
5. Let cool on rack and serve with ranch dipping sauce.

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