

# Easy Keto Jalapeño Cheese Crisps

Hands-on 10 minutes Overall 10 minutes



**Nutritional values (per serving, 2 crisps):** Total carbs: 1.2 g, Fiber: 0.4 g, **Net carbs: 0.8 g**,

Protein: 6.8 g, Fat: 8.2 g, Calories: 105 kcal,

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

## Ingredients (makes 6 servings)

170 g shredded Mexican blend cheese (6 oz)

24 slices pickled jalapeño peppers (85 g/ 3 oz)

*Note: Mexican blend cheese is made with cheddar, colby and Monterey Jack.*

## Instructions

1. Preheat oven to 230 °C/ 450 °F (conventional), or 210 °C/ 410 °F (fan assisted). Divide the shredded cheese (reserving 1/4 cup) into 12 individual mounds. Top each mound with 2 slices jalapeños then top with the remaining cheese.
2. Transfer to oven and cook 7-10 minutes until the cheese is melted and starting to crisp around the edges.
3. Remove from oven and let cool before transferring to a serving plate.
4. Store in an airtight container in the refrigerator for up to 3 days.

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