

# The Best Low-Carb Chili Cheese Fries

Hands-on 25 minutes Overall 40 minutes

**Nutritional values (per serving):** Total carbs: 19.2 g, Fiber: 6.4 g, **Net carbs: 12.8 g,**

Protein: 26 g, Fat: 51.3 g, Calories: 637 kcal,

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



## Ingredients (makes 4 servings)

### Chili:

- 1 recipe [Super Simple Keto Chili](#)
- 2-3 medium turnips (500 g/ 1.1 lb)
- 1/2 tsp garlic powder
- 1/2 tsp paprika or cumin
- 1/2 tsp sea salt
- 1/4 tsp cracked black pepper
- 3 tbsp [extra virgin avocado oil](#) or [ghee](#) (45 ml)

### To serve:

- 1/2 cup shredded cheddar or mozzarella (57 g/ 2 oz)
- 4 tbsp sour cream (60 ml)
- 1 tbsp chopped cilantro or parsley
- 1 small spring onion, green part only (10 g/ 0.4 oz)

## Instructions

1. Preheat the oven to 220 °C/ 425 °F (conventional), or 200 °C/ 400 °F (fan assisted).
2. Peel the turnips. Slice into fries (about 1.5 cm/ 0.6" thick). You want them quite thin so they cook quicker and go crispier.
3. Place on a non-stick baking tray, option to line with greaseproof paper, and toss in the spices, seasoning and oil.
4. Roast for 30 to 35 minutes, or until soft and slightly crisp.
5. Meanwhile make the [Super Simple Keto Chili by following this recipe](#).
6. Top the turnip fries with chili, add shredded cheese (cheddar or mozzarella) and place back in oven to melt for 5 minutes.
7. Add chopped green onions, chopped coriander and sour cream to serve.
8. Store in the fridge for up to 3 days.

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