
Crispy Cauli Parm Chips

1 net carb per serving (6 chips).



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Servings: 3

1 c cauliflower, grated
1 tsp parsley, chopped
1/2 tsp rosemary, chopped
1 c parmesan cheese, grated
1 clove garlic, pressed
sea salt, to taste
black pepper, to taste

DIRECTIONS

Preheat oven to 400 F. Grate the cauliflower into a bowl or use pre-riced cauliflower.

Finely chop the parsley and rosemary. Add both to the cauliflower rice. Toss well, then mix in parmesan cheese, garlic, salt and pepper.

Form loose balls with the mixture (about 1 inch in diameter) and place them on a parchment paper-lined baking tray. Using the bottom of a drinking glass, press each ball flat.

Bake 5 minutes, turn them over and bake another 5 minutes, until golden brown on top.

Remove from the oven and allow to cool for a few minutes until crispy.

Per Serving: 132 Calories; 8g Fat (57.2% calories from fat); 12g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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