

Homemade Curly Fries

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Servings: 4

Ingredients:

- 2 large turnips
- 1 cup almond flour
- 1 cup grated parmesan cheese
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 eggs
- Salt and pepper
- Avocado oil spray

Directions:

1. Peel your turnips using a potato peeler.
2. Using a spiralizer, turn your fries into curly fries.
3. Lay your cut fries on a few paper towels. Your turnips need to be completely dry.
4. Create your breading station. You'll need a large bowl or plate for each item. You want a dish that's big enough to cover your fries.
5. In one dish, you'll have your beaten eggs and in another, you'll have your almond flour, parmesan cheese and spices.
6. Dip your fries in your egg, then breading and place on a baking rack.
7. Airfry at 400F for 8-10 minutes until crispy! Enjoy with no sugar added ketchup or your favorite condiments.

Nutrition:

Nutrition per serving:

- Calories - 203
 - Fat - 13g
 - Protein - 13g
 - Total Carbs - 9g
 - Net Carbs - 6g
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