

Low Carb In-N-Out Animal Style Fries

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Servings: 4

Fries

Ingredients:

- 3 large broccoli florets, stems cut into fries
- Avocado oil spray
- Salt and pepper to taste

- 4-5 slices cheddar cheese or American cheese

In-n-out Spread:

- ½ cup mayo
- 1 tbsp sweetener
- 1-2 pickle spears, finely diced or 2 tbsp relish
- 1 tbsp yellow mustard
- 1-2 tbsp distilled white vinegar
- 3 tbsp unsweetened ketchup

Caramelized onions:

- 1 medium yellow onion, diced
- 2 tbsp avocado oil or butter
- Salt and pepper

Directions:

1. Start by preheating your oven to 425F.
2. Cut your broccoli separating the florets and stems. Cut your stems into fry sizes, about ¼ inch thick.
3. Line a baking sheet with parchment paper, add your broccoli onto your sheet pan and add avocado oil, salt and pepper.
4. Bake for 10-12 minutes, until broccoli is roasted.
5. In the meantime, start on your caramelized onions. On medium heat, add your avocado oil or butter and add onions. You'll stir onions every few minutes, making sure they don't burn. This process will take about 5-8 minutes.
6. Next, make your animal sauce in a small bowl.

7. Remove your broccoli from your oven and immediately add your slices of cheddar cheese. You can place it under the broiler to get it extra cheesy.
8. Remove your fries from the oven and add your caramelized onions and sauce on top.

Nutrition:

Nutrition per serving:

- Calories - 351
- Fat - 36g
- Protein - 5g
- Total Carbs - 5g
- Net Carbs - 4g