AMERICAN · SNACK

Crispy Egg White and Parmesan Chips

20 min · Makes 2 × half the batch · 100 kcal a portion · Video 7:52 · Low Carb Love

Gluten-free ingredients · Nut-free

Chips made from egg whites with a little Parmesan: about 100 kcal and 11 g of protein for half the batch, with under 2 g of carbs and no flour.

Diet notes: Low carb (1.3 g net carbs) but not keto: 47% of the energy is from fat, and keto meals get about 60% or more; Vegetarian with a vegetarian hard cheese instead of the freshly grated Parmesan cheese (traditionally made with animal rennet).

Scan for the video, full nutrition and more free recipes

Ingredients

7 · MAKES 2 × HALF THE BATCH

- [ ] 4 **egg whites** (no yolk)
- [ ] 1½ tsp **water**
- [ ] a little **garlic powder** (about ¼ tsp)
- [ ] a little **onion powder** (about ¼ tsp)
- [ ] a pinch of **salt**
- [ ] a little **avocado oil** for the tin (about 1 tsp)
- [ ] 20 g **freshly grated Parmesan cheese**, to top

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200 °C. Separate the eggs carefully so no yolk gets into the whites. 0:54
2. Add the water to the egg whites and beat with a frother, whisk or mixer until light and foamy (soft, not stiff). Add the garlic powder, onion powder and a pinch of salt and beat again. 1:35
3. Lightly oil a mini muffin tin (or a lined baking sheet). Spoon about 1 tsp of the foam into each cup, using mostly the airy foam rather than the liquid underneath. 2:29
4. Grate a little Parmesan over each one. 3:58
5. Bake for 10–15 minutes until golden and set, then let them cool so they crisp up. Store airtight for a few days. 4:19

> **Tip** Flavour the foam with ranch seasoning, chipotle or chilli instead. A mini muffin tin keeps the runny foam in neat rounds. Keep the yolks for a custard or mayonnaise.

The method is a summary in our words — the video shows every step.

One portion (half the batch) gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
100 kcal	11 g	1.4 g	0.1 g	5.2 g	360 mg
420 kJ	22% of a day	1.3 g net · 0.6 g sugars	0% of a day	2 g saturated	16% of a day
		1% of a day		7% of a day	

Energy from net carbs 5% · protein 46% · fat 49% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 28%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=IRej-ycKNqw, published 3 January 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/egg-white-parmesan-chips