AMERICAN · BREAKFAST · SIDE

Carnivore Sandwich Loaf with Pork Panko and Cottage Cheese

70 min · plus cooling before slicing · Makes 11 × 2 thin slices · 273 kcal a portion

Video 9:11 · Courtney Luna

Carnivore · Gluten-free ingredients · Nut-free

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A flour-free bread: two thin slices give about 20 g of protein and under 2 g of carbohydrate, and are rich in selenium and vitamin B12.

Diet notes: Keto (1.9 g net carbs a serve).

Ingredients

4 · MAKES 11 × 2 THIN SLICES

- [ ] 12 large **eggs**
- [ ] 340 g **cottage cheese**
- [ ] 180 g **pork panko** (finely ground pork rinds), poured, not packed
- [ ] 110 g (1 stick) **salted butter**, melted, plus a little to grease the pan if needed

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 190°C. Line a 23 × 13 cm loaf pan with baking paper, leaving it hanging over the sides so you can lift the loaf out (or grease the pan well with butter). 1:15
2. Put the 12 eggs, 350 ml cottage cheese, 180 g pork panko and the melted stick of butter in a food processor and blend until smooth. Spoon the panko in loosely rather than packing it. 2:03
3. Pour the batter into the pan, set a tray on the rack below in case it bubbles over, and bake for about 60 minutes, until browned and a toothpick pushed into the middle comes out clean. 5:36
4. Cool a little, lift the loaf out with the paper and let it cool completely before slicing it thinly; the cook gets about 22 slices. 6:16
5. The loaf is moist and eggy, like banana bread. For toast, air-fry slices at 200°C for about 10 minutes, turning halfway, or pan-fry them in butter. 7:56

> **Tip** Low-fat or full-fat cottage cheese both work, the cook says. Slice it as thinly as you can and toast it for the most bread-like texture; pan-fried in butter with a sprinkle of cinnamon it eats like French toast.

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

One portion (2 thin slices) gives you

1 OF 11 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
273 kcal	20 g	1.9 g	0 g	20 g	530 mg
1,140 kJ	41% of a day	1.9 g net · 1.9 g sugars	0% of a day	9.4 g saturated	23% of a day
		1% of a day		26% of a day	

Energy from net carbs 3% · protein 30% · fat 67% — fits keto: 1.9 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 49% · Vitamin B12 36%

Source of (10–19%) Vitamin A 18%

Recipe and video: Courtney Luna (@CourtneyLuna) on YouTube — youtube.com/watch?v=Vz-RfXVQvuM, published 17 May 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/carnivore-pork-panko-cottage-cheese-loaf