AMERICAN · SIDE · SNACK

Flourless Cheese Bread with Mozzarella and Parmesan

35 min · Makes 10 × 1 slice · 137 kcal a portion · Video 4:04 · Joe Duff - The Diet Chef

Gluten-free ingredients · Nut-free

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Just eggs and two cheeses: 12 g protein and under 2 g net carbs a slice with no flour at all, so it won't spike blood sugar; a good source of calcium and vitamin B12.

Diet notes: Low carb (1.5 g net carbs) but not keto: 58% 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 (traditionally made with animal rennet).

Ingredients

7 · MAKES 10 × 1 SLICE

- [ ] 2 large **eggs**
- [ ] 2 cups **mozzarella**, freshly shredded
- [ ] 1½ cups **freshly grated parmesan**
- [ ] ½ tsp **onion powder**
- [ ] ½ tsp **garlic powder**
- [ ] **Italian seasoning**, a tiny pinch
- [ ] **non-stick baking spray**, for the paper

Amounts in US 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 350 °F. Crack the eggs into a medium bowl and whisk with a fork until the yolks and whites are combined. 0:37
2. Add the mozzarella — shredding your own avoids the starch coating on bagged cheese — and the freshly grated parmesan. 0:59
3. Add the onion powder, garlic powder and Italian seasoning and mix with a spatula until crumbly, then press it together with your hands into a ball of dough. 1:36
4. Splash a little water on an 7 × 11 inch tray so the baking paper stays put, lay the paper on, spray it, and press the dough out evenly to the edges. 2:20
5. Bake about 25 minutes until the top is golden. 3:00
6. Let it cool to room temperature, then cut into 8–10 pieces with a pizza cutter. 3:18

> **Tip** Good dipped in sugar-free pizza or marinara sauce, or split and used for a sandwich. It is salty from the parmesan, so no extra salt is needed.

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

One portion (1 slice) gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
137 kcal	12 g	1.6 g	0 g	8.9 g	370 mg
570 kJ	25% of a day	1.5 g net · 0.5 g sugars	0% of a day	5.1 g saturated	16% of a day
		1% of a day		11% of a day	

Energy from net carbs 4% · protein 36% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Calcium 26% · Vitamin B12 21%

Source of (10–19%) Selenium 18% · Zinc 11%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=qGSVAiikxFs, published 5 August 2020. 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/flourless-mozzarella-parmesan-cheese-bread