AMERICAN · DESSERT · SNACK

Keto Cheese Danish with Fathead Dough

30 min · Makes 6 × 1 danish · 250 kcal a portion · Video 5:30 · Low Carb Recipes with Jennifer

Vegetarian · Gluten-free ingredients

A mozzarella and almond-flour dough with a sweetened cream cheese centre and no sugar: about 3 g net carbs and 12 g protein a danish.

Diet notes: Keto (3.1 g net carbs a serve).

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Ingredients

11 · MAKES 6 × 1 DANISH

- [ ] 1¾ cups grated **mozzarella cheese**
- [ ] ¾ cup **almond flour**
- [ ] a pinch of **salt**, for the dough
- [ ] ¼ cup **granulated sweetener**
- [ ] 2 tbsp **cream cheese**, for the dough
- [ ] 1 large **egg**
- [ ] **oil spray**, for the scoop
- [ ] 4 oz **cream cheese**, softened, for the filling
- [ ] ⅓ cup **powdered sweetener**
- [ ] 1 tbsp **heavy cream**
- [ ] a pinch of **salt**, for the filling

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400°F. In a large microwave-safe bowl mix the mozzarella, almond flour and a pinch of salt, then microwave 1 minute. 0:19
2. Add the granulated sweetener and 2 tbsp cream cheese and stir; microwave 30 seconds more if it isn't melted enough, then keep stirring until it cools a little. 0:49
3. Add the egg and knead or mash it in until fully mixed. 1:29
4. Divide the sticky dough into 6, roll each into a ball and set them well apart on a lined baking sheet. Press a deep divot into the middle of each with an oiled scoop, spoon or finger. 1:45
5. Bake 10 minutes. Meanwhile beat the powdered sweetener, softened cream cheese, cream and a pinch of salt with a mixer until smooth. 3:35
6. Spoon the filling into each divot, spread it a little and bake up to 10 minutes more, until it melts. Smooth the tops with a knife and let them cool on the tray. 4:03

> **Tip** Let the melted dough cool a little before adding the egg so it doesn't scramble. Keep leftovers in the fridge and warm briefly before eating.

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

One portion (1 danish) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
250 kcal	12 g	4.6 g	1.6 g	21 g	330 mg
1,040 kJ	25% of a day	3.1 g net · 1.8 g sugars	6% of a day	8.8 g saturated	14% of a day
		2% of a day		27% of a day	

Energy from net carbs 5% · protein 19% · fat 76% — fits keto: 3.1 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin E 24% · Calcium 22%

Source of (10–19%) Selenium 17% · Vitamin B12 16% · Vitamin A 15% · Zinc 13% · Magnesium 10%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=9BYG8Hw2xwE, published 26 April 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/keto-cheese-danish-fathead