

5-Ingredient Keto Ham & Cheese Pockets

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 8 g, Fiber: 3.9 g, **Net carbs: 4.2 g,**

Protein: 31.7 g, Fat: 31 g, Calories: 426 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

3/4 cup shredded mozzarella (85 g/ 3 oz) - *use low-moisture, part-skim, shredded mozzarella cheese; not fresh mozzarella.*

1 heaped tbsp cream cheese (30 g/ 1 oz)

4 tbsp flax meal (28 g/ 1 oz)

85 g quality ham (3 oz)

85 g slices provolone cheese (3 oz) - *you can use any cheese you like: cheddar, smoked mozzarella, etc.*

Instructions

1. Prepare the dough: melt the shredded mozzarella and cream cheese in a microwave oven for 1 minute, checking half way through.
2. Add the flax meal. Stir until the dough is well-combined.
3. Roll the dough out between 2 sheets of parchment paper (I used a [silicon mat](#) and [silicon rolling pin](#)).
4. Add the ham and cheese slices.
5. Fold over like an envelope and seal the dough.
6. Poke some holes for releasing the steam while baking. Bake at 200 °C/ 400 °F for 15-20 minutes or until golden brown and firm to the touch.
7. When done, remove from the oven and let it cool down for a few minutes. Cut in half and enjoy while still hot or let it cool down and refrigerate for up to 3 days.

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