

5-Ingredient Keto Spanakopita

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 10.7 g, Fiber: 5.4 g, **Net carbs: 5.3 g**,

Protein: 21.4 g, Fat: 27.9 g, Calories: 363 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 cooked & drained spinach (3 oz) - *squeeze out as much moisture as possible*

85 g feta cheese, crumbled (3 oz)

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 cooked and drained spinach and crumbled feta.
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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