

Best Low-Carb Garlic Bread

Hands-on 20 minutes Overall 1 hour 15 minutes

Nutritional values (1 mini baguette or 1/2 regular baguette): Total carbs: 7.3 g, Fiber: 4.8 g,

Net carbs: 2.6 g, Protein: 7.2 g, Fat: 16.4 g, Calories: 194 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 16 servings)

1 recipe Sourdough Keto Baguettes, 8 regular or 16 small baguettes

Garlic & Herb Compound Butter:

1/2 cup softened unsalted butter (113 g/ 4 oz)

1/2 tsp salt (I like pink Himalayan salt)

1/4 tsp ground black pepper

2 tbsp extra virgin olive oil (30 ml)

4 cloves garlic, crushed

2 tbsp freshly chopped parsley or 2 tsp dried parsley

Topping:

1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

2 tbsp fresh parsley

Optional: drizzle with extra virgin olive oil

Alternative options:

Ultimate Keto Buns

Nut-Free Keto Buns

Psyllium-Free Keto Buns

Flax-Free Keto Bread

try different flavours of keto compound butter

instead of parmesan, try with cheddar, Manchego, Gruyere, or gouda

Note: Garlic bread is best when prepared fresh. You can halve the recipe by freezing the remaining baguettes and compound butter for future use. Both freeze well.

Instructions

1. Prepare the keto sourdough baguettes by following this recipe (you can make 8 regular or 16 mini baguettes).
2. Prepare the garlic butter (or any other flavoured butter). Make sure

all the ingredients have reached room temperature before mixing them in a medium bowl.

3. Cut the baked baguettes in half and spread the flavoured butter on top of each half (1-2 teaspoons per piece).
4. Sprinkle with grated Parmesan and place back in the oven to crisp up for a few more minutes.
5. When done, remove from the oven. Optionally, drizzle with some olive oil and serve while still warm.

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans