

# The Low Carb Dietitian's Guide to Health and Beauty: Savory Keto Cheesecake

Hands-on 15-20 minutes Overall 1 hour 15 minutes

**Nutritional values (per serving):** Total carbs: 8.4 g, Fiber: 2 g, **Net carbs: 6.4 g**,

Protein: 25.5 g, Fat: 28.4 g, Calories: 388 kcal,

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



## Ingredients (makes 6 servings)

- 6 large eggs, free-range or organic
- 4 slices bacon, preferably organic (120 g / 4.2 oz)
- 450 g oz ricotta cheese (16 oz)
- 1 medium white onion, diced (110 g / 3.9 oz)
- 240 g feta cheese (8 oz)
- 1 tsp salt (I used [pink Himalayan](#))
- 350 g frozen chopped spinach, thawed (12 oz)

*Optional:* crisped up bacon slices and caramelised onion rings on top

*Notes:* When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

## Instructions

1. Preheat the oven to 190 F / 350 F. Place ricotta cheese in a large bowl. Add 5 of the eggs. Crumble in the feta cheese. Add 1/2 tsp salt.
2. Mix with an electric mixer until smooth.
3. In a large skillet, fry the bacon until brown and crispy. Remove bacon to paper towel.
4. Place onion in a skillet with fat from the bacon. Cook until lightly brown completely soft. Cut the bacon into small pieces and add to cooked onion.
5. Squeeze as much moisture out of the spinach as possible and add to the bacon, ...
6. ... and onion.
7. Add the remaining raw egg and 6 tbsp of the ricotta-feta mixture. Mix ingredients until well combined.
8. Line the bottom and sides of an 8-inch springform pan with parchment paper or wax paper. Pour half of the ricotta-feta mixture into the springform pan. Gently spoon the spinach-bacon mixture over the ricotta-feta mixture. *I used a silicon baking pan instead. It*

*helps to prevent sticking but I would still recommend using a parchment paper or a wax paper. It will be easier when you need to remove the cheesecake from the pan.*

9. Pour the remaining ricotta-feta mixture into the pan.
10. Bake for about one hour, until golden brown but centre still jiggles. Let cool for at least 1 hour before serving or refrigerating. Can be served warm or cold. Optionally, add crisped up bacon slices and caramelised onion rings on top.

## 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](#)