

The Primal Low-Carb Kitchen: Cheddar Dill Biscuits

Hands-on 5-10 minutes Overall 25-30 minutes

Nutritional values (per serving, 1 biscuit): Total carbs: 4.7 g, Fiber: 1.9 g, **Net carbs: 2.8 g,**

Protein: 9.5 g, Fat: 21.8 g, Calories: 238 kcal,

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



Ingredients (makes 8 servings)

115 g cream cheese (4 oz)

1 large egg

1 tsp dried dill

1/2 tsp onion salt (*I used 1/4 tsp onion powder + 1/4 tsp salt*)

2 cloves garlic, minced

1/2 tsp [Italian seasoning](#)

1 cup sharp cheddar cheese, shredded (115 g / 4 oz)

1 1/2 cups [almond flour](#) (145 g/ 5.1 oz)

1/4 cup heavy whipping cream (60 ml/ 2 fl oz)

1/4 cup water (60 ml/ 2 fl oz)

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

Instructions

1. Preheat the oven to 177 °C/ 350 °F. In a medium bowl, using a hand mixer on low speed, whip the cream cheese and egg together.
2. Add the dill, onion salt, Italian seasoning and garlic. Use a rubber spatula to mix the seasonings into the cream mixture or place in a [mixer](#) and process until well combined.
3. Add the cheddar cheese, almond flour, heavy cream and water. Using a mixer on low speed, mix until all the ingredients are well incorporated.
4. Drop the dough in heaping mounds into 8 wells of a lightly greased muffin top pan (or [silicon muffin pan](#)). Bake for 20 minutes.

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