

Keto Cheddar Dill Biscuits

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

Nutritional values (per serving, 1 biscuit): Total carbs: 5 g, Fiber: 1.9 g, **Net carbs: 3.1 g,**

Protein: 9.2 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 shredded sharp cheddar cheese (115 g/ 4 oz)
- 1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)
- 1/4 cup heavy whipping cream (60 ml/ 2 fl oz)
- 1/4 cup water (60 ml/ 2 fl oz)

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Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). 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. To store, let them cool down and refrigerate for up to 5 days, or freeze for up to 3 months.

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