

# Keto Cheeseburger Stromboli

Hands-on 15 minutes Overall 30 minutes



**Nutritional values (per serving, serving):** Total carbs: 4.7 g, Fiber: 1.2 g, **Net carbs: 3.4 g,**

Protein: 19.3 g, Fat: 24.3 g, Calories: 313 kcal,

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

## Ingredients (makes 8 servings)

### Cheeseburger filling:

- 1 tbsp ghee or duck fat (15 ml)
- 1 small yellow onion, diced (70 g/ 2.5 oz)
- 2 cloves garlic, minced
- 400 g ground beef (14.1 oz)
- 1 tbsp Dijon mustard (15 g/ 0.5 oz) *you can make your own mustard*
- 2 tbsp sugar-free ketchup or tomato paste (30 g/ 1.1 oz) *you can make your own ketchup*
- 1/2 tsp sea salt, or to taste
- 1/4 tsp ground black pepper, or to taste
- 1/2 cup sliced sugar-free pickles (78 g/ 2.8 oz) *you can make your own pickles*
- 4 slices provolone, Monterey Jack, or cheddar cheese (113 g/ 4 oz)

### Dough:

- 1 1/2 cup shredded mozzarella (170 g/ 6 oz) - *use low-moisture, part-skim, shredded mozzarella cheese; not fresh mozzarella.*
- 2/3 cup almond flour (66 g/ 2.3 oz)

*Note: Recipe makes 8 appetizers or 4 regular meals.*

## Instructions

1. Heat a skillet greased with ghee over a medium-high heat. Add chopped onion and cook for 3-5 minutes, until lightly browned and fragrant. Add minced garlic and cook for one more minute.
2. Add ground beef and cook until browned and opaque.
3. Add mustard and tomato paste, salt and pepper. Cook for about 5 minutes, stirring occasionally, and then take off the heat.
4. Preheat the oven to 180 °C/ 360 °F (fan assisted). Place the shredded mozzarella in a bowl and microwave for about 2 minutes,

checking once or twice, or melt on the stove over a low heat. Mix in the almond flour.

5. Using a fork, combine well until you create dough.
6. Roll the dough out between 2 sheets of parchment paper until large enough to wrap around the filling (I used a silicon mat and silicon rolling pin).
7. Using a slotted spoon, add the cooked cheeseburger meat mixture in the centre of the dough (do not add any excess juices from the skillet). Add sliced pickles.
8. Top with cheese slices. Using a pizza cutter or a sharp knife, make cuts about 1 inch (2 cm) apart on the long sides of the dough. Do not cut all the way to the filling but just within about 1/2 inch (1 cm) of the filling.
9. Fold all of the strips of dough diagonally over filling, alternating from side to side, and stretching the dough as needed.
10. Place in the oven and bake for 18-20 minutes, or until golden brown on top.
11. Remove from the oven and let it cool down for 5 minutes before slicing. Eat immediately while still warm. To store, refrigerate for up to 4 days. Reheat before serving.

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