

# Keto Cheesy Garlic Pull-Apart Bread

Hands-on 20 minutes Overall 1 hour 15 minutes

**Nutritional values (per serving, 1 bun):** Total carbs: 13.4 g, Fiber: 8.6 g, **Net carbs: 4.9 g,**

Protein: 15.7 g, Fat: 24.3 g, Calories: 317 kcal,

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



## Ingredients (makes 9 buns)

- 1 recipe [Sourdough Keto Baguettes](#)
- 1/4 cup butter, melted (57 g/ 2 oz)
- 1 clove garlic, minced
- 1/2 cup grated parmesan cheese *or* other Italian hard cheese (45 g/ 1.6 oz)
- 1/2 cup shredded cheddar cheese (57 g/ 2 oz)
- 1/2 cup shredded mozzarella cheese (57 g/ 2 oz)
- 2 tbsp chopped fresh sage
- 1 tsp chopped fresh thyme
- 2 tsp dried oregano

further 45 minutes.

7. Serve warm.

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## Instructions

1. Preheat oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Make [Martina's Keto Sourdough Baguettes](#) (I substituted almond milk and lemon juice mixed together for the buttermilk).
2. Once you reach Step 4, instead of forming the baguettes onto a baking tray, shape them into balls instead. This dough can be a bit sticky to handle, so wet your hands to form the balls. I made 9 large balls, but you could easily double that number with smaller balls.
3. Mix the garlic and melted butter together in one bowl and the herbs in another. Mix the cheeses together in a third bowl. Grease an oven-proof pan.
4. Roll each ball first in the garlic butter mix and then in the cheese mixture until thoroughly coated.
5. Place the balls in a circular pattern in your pan. You can sprinkle your herbs over the entire pan full, or over every second ball to create an interesting pattern.
6. Bake for 10 minutes and then reduce the oven to 150 °C/ 300 °F (fan assisted), or 170 °C/ 340 °F (conventional) and bake for a