

Keto Goat Cheese Tarts with Caramelized Onion

Hands-on 20 minutes Overall 1 hour 10 minutes

Nutritional values (per serving, 1/2 small tart): Total carbs: 5.3 g, Fiber: 1.5 g,

Net carbs: 3.8 g, Protein: 15.5 g, Fat: 29.4 g, Calories: 345 kcal,

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



Ingredients (makes 4 small or 1 large tart)

Crust:

- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1 cup + 2 tbsp finely grated Parmesan cheese *or* other Italian hard cheese (100 g/ 3.5 oz)
- 2 large egg whites (*reserve yolks for filling*)
- pinch of sea salt

Filling:

- 2 small red onions, sliced (120 g/ 4.2 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 tbsp balsamic vinegar (15 ml)
- 2 tbsp [Swerve](#) *or* [Erythritol](#) (20 g/ 0.7 oz)
- 2 large eggs
- 2 large yolks
- 3/4 cup heavy whipping cream (180 ml/ 6 fl oz)
- pinch of salt and pepper
- pinch of nutmeg
- 1 pack soft goat's cheese (200 g/ 7.1 oz)
- 1/2 tsp fresh thyme, with extra for garnish

Instructions

- Thinly slice the red onions.
- Heat the olive oil in a frying pan and add the onions. Cook over med-high heat until the onions start to soften. You don't want to brown them, you just want them soft.
- Add the balsamic vinegar, the Swerve and the thyme and reduce heat to medium-low. Cook, stirring occasionally, until the onions are reduced down into a rich, sweet base.
- Meanwhile, preheat oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional). Place all crust ingredients into a

bowl and combine well into a dough. Spray four individual tart tins, or one large tin, with olive oil. Note that this dough can be a bit sticky with cooked, so spray tins well.

- Divide the dough between 6 mini tart pans (12 cm /5 inch each) and press out into the tins evenly, taking the time to make sure it is firm and even. Prick the bases with a fork and then place in the oven for 10 minutes. Sit aside to cool once they're done and reduce the oven temp to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional).
- In a bowl, mix the eggs, the egg yolks, the cream and the seasonings into a bowl and whisk well to combine.
- Spoon a layer of caramelised onion over the base of each tart, making sure to keep a small amount aside for garnish.
- Slice the goat's cheese into even rounds and place on top of the onions.
- Using a small cup measure, fill each tart evenly.
- Bake for 25 minutes until just set. Remove and serve warm, topped with extra thyme and a spoonful of caramelised onion (half of a small tart or eighth of a large tart). Store covered, in the refrigerator for 4 days.

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