

Keto Jalapeño Cheese Bread

Hands-on 5 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 3.3 g, Fiber: 1.7 g, **Net carbs: 1.5 g,**

Protein: 6.4 g, Fat: 5.9 g, Calories: 92 kcal,

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



Ingredients (makes 8 servings)

- 4 large eggs
 - 2 heaped tbsp full-fat Greek yogurt (60 g/ 2.1 oz)
 - 1/3 cup [coconut flour](#) (40 g/ 1.4 oz)
 - 2 tbsp [whole psyllium husks](#) (8 g/ 0.3 oz)
 - 1/2 tsp sea salt
 - 1 tsp [gluten-free baking powder](#)
 - 1/2 cup shredded sharp cheddar cheese, divided (57 g/ 2 oz)
 - 1/4 cup diced pickled jalapeños (28 g/ 1 oz)
 - few sliced jalapeños for topping (14 g/ 0.5 oz)
- Optional:* serve with homemade [Marinara Sauce](#) or [Ranch Dressing](#)

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Instructions

1. Preheat the oven to 190 °C/ 375 °F (conventional), or 170 °C/ 340 °F (fan assisted) and line a baking sheet with parchment paper.
In a medium bowl whisk together the eggs and Greek yogurt.
2. Add coconut flour, psyllium husks, salt and baking powder.
3. Once smooth stir in half of the shredded cheddar cheese.
4. Add the diced jalapeños.
5. Press the dough into a 2.5 cm/ 1 inch thick sphere on the baking sheet. Top with remaining cheese and additional jalapeños if desired.
6. Bake for 15 minutes or until golden and fluffy. Cut into 8 squares.
7. Serve warm or let it cool down. Store in an airtight container in the refrigerator for up to 7 days.

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