

Keto Saganaki Greek Fried Cheese

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 8.6 g, Fiber: 4.1 g, **Net carbs: 4.5 g,**

Protein: 24.5 g, Fat: 43.3 g, Calories: 516 kcal,

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



Ingredients (makes 2 servings)

150 g kefalotyri or halloumi cheese (5.3 oz) - *more tips in step 1*

3 level tbsp [flaxmeal](#) (21 g/ 0.7 oz)

3 heaping tbsp [almond flour](#) (24 g/ 0.8 oz)

[ghee](#) for frying - *should be about 1/2 cm (1/4 inch) in the pan*

lemon wedges to serve with

Instructions

1. Cut the cheese into about 1 1/2 - 2 cm (1/2 - 3/4 inch) thick slices. I used kefalotyri cheese - alternatively, you can use other types such as graviera, kefalograviera, halloumi or kasseri.
2. Pour cold water into a bowl and set aside. Place the flaxmeal and almond flour into another bowl. Dip each slice in the bowl with cold water and then place in the second bowl with the "breading".
3. Cover from all sides, shake off the excess breading and set aside on a chopping board. Heat a heavy-bottom pan with ghee.
4. When the oil is hot (you can test that by adding a few grains of the breading), add the breaded cheese slices. Fry over a high heat for about 2 minutes, until the breading is golden brown, and flip on the other side. Cook for 1-2 more minutes.
5. When done, place on a serving plate. Serve with lemon wedges and crispy greens while still hot. Alternatively, you can skip the breading and broil the cheese in the oven until light golden.

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