

# Keto Skillet Bread with Cheesy Caramelized Onion Dip

Hands-on 25 minutes Overall 1 hour

**Nutritional values (per serving):** Total carbs: 8.2 g, Fiber: 1.3 g, **Net carbs: 6.8 g**,

Protein: 17.3 g, Fat: 27.3 g, Calories: 331 kcal,

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



## Ingredients (makes 10 servings)

### Caramalised onion topping:

- 2 medium red onions, thinly sliced (200 g/ 7.1 oz)
- 2 tbsp avocado oil *or* ghee (30 ml)
- 2 tbsp balsamic vinegar (30 ml) - *avoid extra sweet thick balsamic vinegar*
- pinch sea salt

### Cheese dip:

- 1 cup shredded mozzarella (113 g/ 4 oz)
- 5 tbsp grated Parmesan (25 g/ 0.9 oz)
- 1/4 sour cream (58 g/ 2 oz)
- 1/2 cup cream cheese (120 g/ 4.2 oz)
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- 1/8 tsp pepper

### Bread:

- 3 cups shredded mozzarella (340 g/ 12 oz)
- 1/2 cup + 2 tbsp full-fat cream cheese (150 g/ 5.3 oz)
- 1 cup almond flour (100 g/ 3.5 oz)
- 2 tsp gluten-free baking powder
- 2 large eggs
- 1/2 tsp sea salt
- Optional:* 2 tsp xanthan gum for a wreath shape

## Instructions

1. To make the caramalised onion, heat the oil in a frying pan over medium heat (we used a deep 8-inch/ 20 cm cast iron skillet). Add the onions, and cook, stirring occasionally until the onions start to soften, around 12-15 minutes. Lower heat, add vinegar and salt,

and cook, continuing to stir occasionally, until dark and caramelised. Set aside.

2. Make the dip by mixing all of the ingredients together in a large bowl until combined. Set aside.
3. Preheat the oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). Place the mozzarella and cream cheese in a large microwave safe bowl. Microwave on high for 1 minute and 30 seconds. Stir and then heat in bursts of 30 seconds until the cheese is melted. Don't overcook as you don't want the oils to separate.
4. Add the almond flour, baking powder, eggs and salt and mix really well until a smooth dough forms. If you want a wreath that will hold its shape, you will also need to add the xanthan gum.
5. If you didn't use xanthan gum: Simply roll into one log instead of two as the shape will not hold (as can be seen on the photos below).
6. If you used xanthan gum: To make a twisted wreath, divide into two and then roll into long logs the same length. If the dough is hard to work with, split into smaller portions and then press together afterwards. Twist the two logs together, and then place in the oiled pan lined with parchment paper against the outer edge. Alternatively, roll the dough into one long log and wrap around the edge of the skillet.
7. Fill the centre with the dip and top with the caramelised onion.
8. Bake for 17 to 20 minutes until the bread is fluffy, golden brown, and cooked through.
9. Best served immediately, however, it can be stored in the fridge up to five days. Reheat before serving if you want to dip the bread in the cheese, or cold by slicing it like a pie.

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