

Low-Carb & Keto Garlic Knots

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving, 1 garlic knot): Total carbs: 6 g, Fiber: 1.3 g, **Net carbs: 4.7 g,**

Protein: 15.7 g, Fat: 21.4 g, Calories: 265 kcal,

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



Ingredients (makes 8 servings)

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

2 cloves garlic, finely minced

2 tbsp fresh parsley, finely chopped

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Instructions

1. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
2. Place the mozzarella and cream cheese in a large microwave safe bowl. Microwave on high for 1 minute and 30 seconds. (You will need to use part-skim, pizza-style, low-moisture shredded mozzarella, not fresh mozzarella.)
3. 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, garlic and parsley and mix really well until a smooth dough forms.
5. Divide into eight portions. Form a log out of each one and roll it until it's thin enough to form into a knot. Form the knot and place on a lined baking tray.
6. Repeat until all eight are done. Bake for 12-15 minutes.
7. Store in an airtight container for up to 7 days. Warm slightly before eating.

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