

Low-Carb Quick Grilled Cheese Sandwich

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per sandwich): Total carbs: 6.8 g, Fiber: 2.5 g, Net carbs: 4.3 g,

Protein: 25.6 g, Fat: 49.4 g, Calories: 564 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 1 serving)

90-Second Bread:

1/4 cup almond flour (25 g/ 0.9 oz)

1/2 tsp gluten-free baking powder

1 tbsp light olive oil or extra virgin olive oil (15 ml)

pinch of sea salt

1 large egg

Filling:

1 slice cheddar cheese (28 g/ 1 oz)

1 slice Swiss cheese (28 g/ 1 oz)

Optional variations (use instead of the above filling):

2 tbsp Red Eye Bacon Jam, 2-3 slices Brie cheese and handful of spinach

3-4 oz cooked chicken, 1/4 sliced avocado, 1-2 slices Jarlsburg cheese

1-2 slices Pastrami, 3-4 slices Provolone cheese and 2 slices red onion

5. Eat with gusto. Store, wrapped, in the refrigerator for up to 2 days.

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Instructions

1. Place all of the bread ingredients into a small bowl and mix well.

2. Grease a ramekin, or like me find a bread-shaped storage container. Pour the mixture into the container and shake to distribute evenly.

3. Microwave on high for 90 seconds. Turn out and cool on a rack.

Note: If you don't have a microwave, you can use the oven.

Preheat to 175 °C/ 350 °F and bake for 12-15 minutes or until cooked through.

4. When cool, cut in half and spread with butter, if desired. Place the cheese slices in the middle and toast for approx. 5 minutes (or try any of our suggested variations).