

Low-Carb Savory Easter Torta Pasqualina Pie

Hands-on 15 minutes Overall 45 minutes

Nutritional values (per serving, 1 slice): Total carbs: 6.7 g, Fiber: 3.2 g, **Net carbs: 3.6 g**,

Protein: 11 g, Fat: 19 g, Calories: 233 kcal,

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



Ingredients (makes 1 pie, 12 servings)

1 recipe keto pastry, you can either use our [Multipurpose Keto Pie Crust](#) or [Parmesan Pie Crust](#)

2 tbsp [extra virgin olive oil](#) or [ghee](#) (30 ml)

1 garlic clove, minced

1 small brown onion, finely diced (60 g/ 2.1 oz)

2 bunches chard, leaves only, thick stalks reserved for another use (400 g/ 14.1 oz, about 800 g/ 1.76 lb with stems) *or see alternatives above*

320 g ricotta, drained (11.3 oz)

1 tsp grated nutmeg

finely grated zest of 1/2 lemon (about 1 tsp)

1/2 cup grated Parmesan *or any other Italian hard cheese* (45 g/ 1.6 oz)

1/2 cup grated cheddar cheese *or any cheese of choice such as gruyere or manchego* (57 g/ 2 oz)

5 large eggs

Instructions

1. Preheat the oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). Cook the pie crust [according to directions](#) at 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F for 18-20 minutes, baking in a 23 cm/ 9" tart dish.
2. To make the filling, heat the oil in a large frypan or pot with a lid over low-medium heat. Cook onion and garlic for 7 to 10 minutes until very soft, but not browned. Add chard and cover with the lid.
3. Cook for 3-4 minutes until wilted. Season with salt and set aside to cool.
4. Add the chard mix to a colander, and press down to remove excess liquid.
5. Combine the chard mix with the ricotta, nutmeg, lemon zest, cheeses and 4 eggs in a large bowl, season and set aside.
6. Spoon chard mixture into the prepared pie pan, spreading out evenly. Use the back of a spoon to make a few indentations in the chard mix, and then crack the remaining egg into the centre.
7. Use the spoon to swirl it through the indentations to create a rippled effect.
8. Bake for 30 minutes until firm to touch and golden on top.
9. Remove from the oven and let it cool down slightly before slicing.
10. To store, let it cool down completely before placing in the fridge. Store in the fridge for up to 4 days or freeze for up to 3 months.
11. Eat cold or reheat in the oven before serving.

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