

Mushroom & Ricotta Keto Galette

Hands-on 25 minutes Overall 50 minutes

Nutritional values (per serving): Total carbs: 9.1 g, Fiber: 2.2 g, **Net carbs: 6.9 g,**

Protein: 21 g, Fat: 33.1 g, Calories: 407 kcal,

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



Ingredients (makes 6 servings)

Filling:

- 1 garlic clove, minced
- 1 small brown onion, minced (40 g/ 1.4 oz)
- 2 1/2 cups brown or mixed mushrooms, sliced thickly (200 g/ 7.1 oz)
- 2 tbsp fresh thyme or 1-2 tsp dried thyme
- 2 large eggs
- 3 tbsp butter, divided (43 g/ 1.5 oz)
- 3/4 cup + 1 tbsp ricotta cheese (200 g/ 7.1 oz)
- 1/2 cup grated gouda cheese (57 g/ 2 oz)
- 1 tbsp extra virgin olive oil (15 ml)

Dough:

- 1 cup almond flour (100 g/ 3.5 oz)
- 1 1/2 cups shredded mozzarella cheese (170 g/ 6 oz) - *use low-moisture, part-skim, shredded mozzarella cheese; not fresh mozzarella.*
- 1 heaped tbsp cream cheese (30 g/ 1.1 oz)
- 1 large egg
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp Italian seasoning or dried oregano, basil and thyme

Note: For a nut-free option, try the dough in this recipe using flax meal.

Instructions

1. Mince the onion and garlic, and slice the mushrooms.
2. In a frying pan, add half of the butter and the sliced mushrooms and cook until browned and crisped. (Mushrooms contain about 30% water, so putting them on the tart raw and then baking will result in a runny and not as tasty result.)

3. While the mushrooms are cooking, melt the rest of the butter in a small saucepan and then finely chop the onion and the garlic, adding to the butter and sautéing until soft.
4. In a bowl, place the ricotta, gouda, thyme leaves, eggs and butter mixture from the saucepan and stir briskly until creamy and combined. Set aside.
5. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). To make the dough, melt mozzarella and cream cheese in a microwave safe bowl on high for 1 minute. Remove and stir, then microwave for a further 30 seconds.
6. Stir and then add almond flour, seasonings and egg and mix well until a soft dough forms.
7. Roll out between sheets of baking paper until very thin, in a rough circle. Set aside.
8. Spoon over the base of the dough in a circle, leaving a 2-3 cm (about 1 inch) border around the edges.
9. Scatter the mushrooms over the top and then fold and roll the edges into a rough crust around the filling. Bake for 25 minutes.
10. Drizzle with olive oil and garnish with additional thyme prior to serving. Store in the refrigerator, covered for up to three days, but note that the base will start to go soft.

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