

Savory Keto Cheese Pancakes

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 1/2 pancake): Total carbs: 3.8 g, Fiber: 1.5 g,

Net carbs: 2.3 g, Protein: 19 g, Fat: 21.7 g, Calories: 294 kcal,

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



Ingredients (makes 2 servings)

- 3 large eggs
- 1/4 tsp cream of tartar or apple cider vinegar
- 1/2 cup grated Parmesan or other Italian hard cheese (45 g/ 1.6 oz)
- 2 level tbsp coconut flour (16 g/ 0.6 oz)
- 2 tbsp chopped chives or herbs of choice
- salt and pepper to taste
- 1 tbsp ghee for frying

Optional Topping:

- fried eggs
- bacon slices
- sliced avocado (for extra potassium)

Instructions

1. Separate the egg whites from the egg yolks. In a bowl, using an electric hand mixer, beat the egg whites, add the cream of tartar and keep beating until stiff peaks form.
2. Gently fold in the egg yolks, ...
3. ... grated parmesan, ...
4. ... and sift in the coconut flour.
5. Finally, add the chives and season with salt and pepper.
6. Grease a small pan with ghee and heat over a medium heat. Once the pan is hot, pour in the pancake mixture. You can test that by dripping a small amount of the mixture on the pan. If it sizzles, it's ready.
7. Cook for 2-3 minutes, until small bubbles appear on top. Then, broil on high for 3-5 minutes, or until set and lightly golden.
8. To serve (1/2 to 1 pancake per serving), top with your favourites such as fried eggs, sliced avocado or crisped up bacon.

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