

# Zucchini Keto Flatbread

433 cal – 7.6g net carbs per serving  
(1730 cal – 30.4g net carbs in total recipe)

Servings: 4

Low Carbe Diem

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## Mozzarella keto dough:

1 1/2 c Mozzarella cheese, shredded  
3/4 c [almond flour](#)  
(sub 1/4 cup (4 tbsp) [coconut flour](#))  
2 tbsp cream cheese  
1 whole egg  
sea salt, to taste

## Keto dough toppings:

3/4 c Parmesan cheese, grated  
1 tbsp olive oil  
sea salt and pepper, to taste  
1/2 c onions, sliced  
1/2 c Mozzarella cheese, shredded  
1/2 zucchini, thinly sliced  
3 tbsp green onions, chopped



## DIRECTIONS

### Make the keto dough:

In a microwave-safe bowl, mix together Mozzarella and [almond flour](#). Add the cream cheese and blend well. Microwave on high 50 to 60 seconds.

Stir mixture, then microwave on high another 30 seconds. Add the egg and salt, mixing gently. Press dough, stretching it slightly using your hands to form your desired shape.

### Top the keto dough:

In a bowl, mix together Parmesan, olive oil, salt and pepper. Spread over the dough.

Spread onions slices on top of Parmesan mixture. Top with shredded Mozzarella. Place zucchini slices on top of the cheese, then sprinkle with green onions.

Bake at 375 F for 10 to 12 minutes, or until cheese melts and crust is crispy.

Total Recipe: 1730 Calories; 134.7g Fat (70% calories from fat); 96.8g Protein; 41.7g Carbohydrate; 11.3g Fiber.

Per Serving: 433 Calories; 33.6g Fat (70% calories from fat); 24.2g Protein; 10.4g Carbohydrate; 2.8g Fiber.