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## Keto "Oopsie" Bread ♦

Keto "Oopsie" Bread is a low-carb bread substitute that is perfect for those following a ketogenic diet. It is made with just a few simple ingredients and is gluten-free and grain-free. This bread is light, fluffy, and has a slightly sweet taste. It can be used as a base for sandwiches, toast, or even as a pizza crust.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 8

**Serving Size:** 25 g

### Ingredients

<b>3 large</b>	Eggs
<b>4 oz</b>	cream cheese
<b>1 tsp</b>	cream of tartar
<b>1 teaspoon</b>	Salt

1      stevia  
teaspoon

## Directions

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### Step 1

#### Preheating

Preheat the oven to 300°F (150°C). Line a baking sheet with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Whisking

Separate the egg whites from the yolks. In a large bowl, whisk the egg whites with the cream of tartar until stiff peaks form.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Folding

In another bowl, beat the cream cheese, egg yolks, salt, and stevia until smooth. Gently fold the egg yolk mixture into the egg white mixture until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Spoon

Spoon the batter onto the prepared baking sheet, forming 8 equal-sized rounds. Smooth the tops with a spatula.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Baking

Bake for 25 minutes, or until the bread is golden brown and set. Remove from the oven and let cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Nutrition Facts

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**Calories:** 90 kcal

**Fat:** 7 g

**Protein: 6 g**

**Carbohydrates: 1 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	60 mg	1.76%	2.31%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Nutritional Content

Low Carb

### Kitchen Tools

Slow Cooker

Blender

### Course

Breads

Soups

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Passover

Easter

### Cost

Under \$10

### Demographics

Senior Friendly

Heart Healthy

### Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

### Meal Type

Brunch

Snack

**Difficulty Level**

Easy

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