

Meals & Cooking > Recipes

Keto Burger Buns

by **MAKINZE GORE** UPDATED: APR 29, 2022**YIELDS:****6****PREP TIME:****5 mins****TOTAL TIME:****20 mins****CAL/SERV:****600**

Ingredients

2 c. shredded mozzarella
4 oz. cream cheese
3 large eggs
3 c. almond flour
2 tsp. baking powder
1 tsp. kosher salt
4 tbsp. butter, melted
Sesame seeds
Dried parsley

Directions

[SAVE TO MY RECIPES](#)**Step 1**

Preheat oven to 400° and line a baking sheet with parchment paper. In a large microwave-safe bowl, melt together mozzarella and cream cheese.

Step 2

Add eggs and stir to combine then add almond flour, baking powder and salt. Form dough into 6 balls and flatten slightly then place on prepared baking sheet.

Step 3

Brush with butter and sprinkle with sesame seeds and parsley. Bake until golden, 10-12 minutes.

Nutrition (per serving): 600 calories, 26 g protein, 15 g carbohydrates, 6 g fiber, 3 g sugar, 52 g fat, 15 g saturated fat, 910mg sodium