

# Keto Cheese Crackers

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/nabisco-swiss-cheese-crackers-recipe>

## Ingredients:

- 2 cups almond flour 200 g/7.1 oz
- 1/2 cup grated Parmesan divided, 30 g/1.1 oz
- 1/2 cup Swiss cheese grated hard, such as Gruyere divided, 60 g
- 1/2 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 2 large eggs
- 1/2 teaspoon onion powder or garlic powder
- 2 teaspoons dried rosemary or thyme
- 1/2 teaspoon paprika or chilli flakes
- 4 sun dried tomatoes large, chopped

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 130 milligrams
4. Fat: 33 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 610 milligrams
9. Sugar: 4 grams

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