



Carb Free Cloud Bread



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



20 kcal

Ingredients

- ☐ 3 tablespoons milk cottage cheese whole
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 eggs separated
- ☐ 1 gram sugar (or artificial sweetener)

Equipment

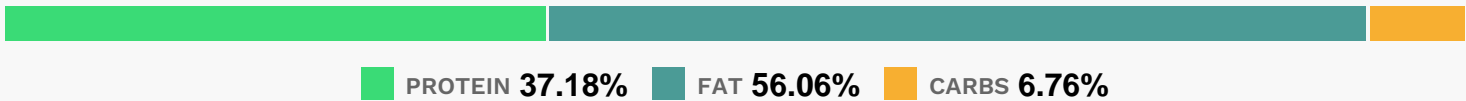
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat oven to 300 degrees.
- ☐ Separate the eggs.
- ☐ In one bowl, mix together the egg yolks, the 3 T. of cheese and the sugar/sweetener until smooth.
- ☐ In the other bowl add 1/4 teaspoon of Cream of Tartar to the whites and beat the whites on high speed until they form stiff peaks.(You should be able to turn the bowl upside down without the egg whites falling out.
- ☐ Very carefully fold the egg yolk mixture into the egg whites by stirring clockwise with a spatula until mixed and no egg white streaks remain.
- ☐ Line two cookie sheets with parchment paper.
- ☐ With a large spoon, "scoop" the mixture into 12 even rounds/circles on the sheets.
- ☐ Bake on the middle rack about 25 minutes or until a golden brown.
- ☐ Remove from the pans and cool on a rack or cutting board.1
- ☐ Once completely cool, seal them in a ziplock storage baggie or a tupperware over night. They will totally change their consistency, to something much more like bread – a softer texture that is nice and chewy.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.1573913017207%

Nutrients (% of daily need)

Calories: 19.89kcal (0.99%), Fat: 1.21g (1.86%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.22g (0.25%), Cholesterol: 41.56mg (13.85%), Sodium: 27.47mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Selenium: 3.74µg (5.34%), Vitamin B2: 0.06mg (3.32%), Phosphorus: 27.75mg (2.77%), Vitamin B12: 0.11µg (1.9%), Vitamin B5: 0.19mg (1.9%), Vitamin D: 0.22µg

(1.49%), Folate: 5.62µg (1.4%), Vitamin A: 64.65IU (1.29%), Iron: 0.2mg (1.1%), Zinc: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.02%)