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Description

Elevate your snack game with a savory treat that delivers maximum crunch and rich, cheesy comfort in every bite! These Crispy High-Protein Low-Carb Bacon and Cheese Pastry Twists feature flaky, golden dough wrapped around smoky bacon and sharp melted cheddar for an irresistible flavor combination. By utilizing low-carb pastry dough alternatives and high-protein cheese fillings, this satisfying snack brings gourmet bakery flavor to your healthy eating routine.

Can This High-Protein Low-Carb Bacon and Cheese Pastry Twists Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by packing each serving with satisfying protein that naturally controls hunger and prevents overeating. High protein options increase metabolic satiety, helping you stay full and energized between meals without craving empty carbs. Enjoying these savory twists allows you to indulge in comfort food flavors while keeping your nutrition goals firmly on track.

Does High-Protein Low-Carb Bacon and Cheese Pastry Twists Fit a High-Protein Lifestyle?

These savory twists fit effortlessly into a high protein lifestyle, delivering an impressive protein punch from real cheddar and crispy bacon while keeping net carbs remarkably low. Crafted using a low-carb fathead dough base or high-protein dough mix, they provide the flaky texture of traditional pastry without the carb heavy weight. It is an ideal way to enjoy delicious, savory comfort food while hitting your daily protein targets.

My Personal Experience

- **Flaky Crunch Perfection:** Twisting the dough layers creates beautiful golden pockets that trap the smoky bacon bits inside. The sharp cheddar melts into the warm pastry, creating a wonderfully savory and satisfying texture.
- **Ultimate Crowd Pleaser:** Serving these warm at gatherings always leaves friends amazed that they fit a healthy lifestyle. They hold their crisp shape exceptionally well and disappear from the serving platter in minutes.

Perfect For:

- Savory high protein snacks and appetizers
- Game day high-protein low-carb party spreads
- Low-carb and keto diet plan baking
- Quick high-protein mid-day savory bites
- Weekend brunch side dishes

Why You'll Love This Recipe:

- **Irresistible Savory Flavor:** Combines smoky bacon and sharp cheddar cheese for a mouthwatering taste experience. It delivers gourmet pastry satisfaction while keeping your daily nutritional macros perfectly aligned.

- Simple Twisted Assembly: Comes together easily with straightforward shaping techniques that anyone can master. You can bake a fresh batch of golden, crispy twists in under thirty minutes.

Common Mistakes to Avoid:

1. Twisting the dough too tightly: Over-twisting prevents heat from circulating evenly, leading to uneven baking in the center.
2. Using thick, fatty bacon raw: Raw bacon will release too much grease; pre-cook and chop it finely before adding.
3. Skipping parchment paper: Melted cheese will bubble out and stick aggressively to bare baking sheets.
4. Baking at too low a temperature: High heat is required to puff and crisp low-carb pastry dough properly.

Required Equipment:

- Baking Sheet: Provides a sturdy flat surface for even heat distribution across all twists.
- Parchment Paper: Prevents melted cheese from sticking and ensures effortless twist removal.
- Pizza Cutter: Slices the rolled dough into clean, uniform strips quickly and neatly.
- Pastry Brush: Applies an even egg wash over the twists to achieve a brilliant golden gloss.

Storage Instructions:

Store leftover twists in an airtight glass container lined with a paper towel in the refrigerator for up to 4 days. For extended storage, freeze baked twists in a freezer-safe bag with

parchment between layers for up to 2 months. Reheat in an air fryer at 350°F for 3–4 minutes to restore a fresh, crispy pastry texture.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 18 minutes
- Total Time: 33 minutes
- Servings: 8 twists
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~170 calories (approximate estimate)

A savory, high-protein, low-carb pastry twist crafted with crispy bacon, sharp cheddar, and a flaky dough base. Delivers a golden crunch, smoky flavor, and fantastic nutrition macros. Perfect for healthy snacking, appetizers, and keto-friendly comfort baking.

□ Ingredients:

- 1 ½ cups low-carb baking flour blend (or shredded mozzarella dough base)
- ½ cup unflavored whey protein isolate powder (high-protein anchor)
- 2 teaspoons baking powder
- 2 large eggs (divided: 1 whole egg for dough, 1 whisked for egg wash)
- ⅓ cup full-fat cream cheese (softened)
- 4 slices bacon, cooked crisp and finely crumbled (*high-protein tip: use turkey bacon or*

center-cut pork bacon)

- 1 cup sharp cheddar cheese, finely shredded
- ½ teaspoon garlic powder

Directions:

1. Preheat and Prep: Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper.
2. Form Pastry Dough: In a microwave-safe bowl, melt the mozzarella and cream cheese together, then stir in the low-carb flour, protein powder, baking powder, garlic powder, and 1 whole egg until a pliable dough forms.
3. Roll and Layer: Roll the dough out on parchment paper into a large rectangle, sprinkle the finely crumbled bacon and shredded cheddar evenly over the surface, and press gently into the dough.
4. Cut and Twist: Cut the rectangle into 8 long strips, twist each strip tightly like a corkscrew, and place them spaced apart on the prepared baking sheet.
5. Egg Wash: Brush the tops of each twist lightly with the remaining whisked egg for a golden finish (*visual cue: tops should look glossy and amber during baking*).
6. Bake: Bake at 400°F for 15–18 minutes until the pastry is puffed, deeply golden brown, and the cheese is bubbling and crisp.
7. Cool: Let cool on the baking sheet for 5 minutes before serving warm.

Nutrition Facts (Per Serving – Approximate):

- Calories: 170 kcal

- Fats: 12 g
- Cholesterol: 45 mg
- Sodium: 310 mg
- Potassium: 110 mg
- Total Carbohydrates: 5 g
- Fiber: 2 g
- Net Carbs: 3 g
- Sugars: 1 g
- Protein: 13 g
- Calcium: 180 mg

Notes:

- Storage: Keep refrigerated in a sealed container for up to 4 days.
- Reheating: Reheat in an air fryer at 350°F for 3 minutes to bring back the flaky crunch.
- Allergy Info: Contains dairy and eggs. Ensure protein isolate is dairy-free if managing sensitivities.
- Flavor Boost: Sprinkle everything bagel seasoning or dried chives over the egg wash before baking for extra aroma.