- Prep Time: 20 Minutes
- Cook Time: 25 Minutes
- Total Time: 45 Minutes
- Yield: 12 Pinwheels
- Cuisine: American / Keto
- Course: Appetizer / Snack

Table of Contents

- Ingredients
  - For the Dough (Fathead Dough)
  - For the Filling
  - For the Egg Wash
- Instructions
  - Phase 1: Prepare the Filling (Time: 10 Minutes | Intensity: Medium)
  - Phase 2: Prepare the Dough (Time: 5 Minutes | Intensity: High)
  - Phase 3: Assembly and Rolling (Time: 10 Minutes | Intensity: Medium)
  - Phase 4: Slicing and Baking (Time: 25 Minutes | Intensity: Low)
- Recipe Notes & Tips
- Nutrition Information

Ingredients

For the Dough (Fathead Dough)

- 1 ½ cups shredded Low-Moisture Mozzarella Cheese
- 2 oz Cream Cheese (cubed)
- 1 large Egg
- ½ cup Almond Flour (superfine)
- 1 tsp Baking Powder
- ¼ tsp Garlic Powder
- ¼ tsp Onion Powder
- ¼ tsp Salt

For the Filling

- ½ lb Ground Pork Sausage (mild or hot, depending on preference)

- 4 oz Cream Cheese (softened)
- ½ cup shredded Cheddar Cheese (or Monterey Jack)
- 2 tbsp diced Green Chiles (optional, for heat)
- ½ tsp Black Pepper

For the Egg Wash

- 1 Egg (beaten)
- 1 tbsp Everything Bagel Seasoning (optional)

Instructions

Phase 1: Prepare the Filling (Time: 10 Minutes | Intensity: Medium)

1. Brown the Sausage: Heat a medium skillet over medium-high heat. Add the ground sausage and cook until browned and fully cooked through, breaking it up with a spatula as it cooks (about 6-8 minutes). Drain any excess grease.

2. Mix the Filling: In a medium mixing bowl, combine the softened cream cheese, shredded cheddar cheese, cooked sausage, green chiles (if using), and black pepper. Stir until all ingredients are evenly distributed. Set aside.

Phase 2: Prepare the Dough (Time: 5 Minutes | Intensity: High)

1. Melt the Cheese: In a microwave-safe bowl, combine the shredded mozzarella and cubed cream cheese. Microwave on high for 60 seconds. Stir, then microwave for another 30 seconds until the cheese is completely melted and smooth.

2. Form the Dough: Add the almond flour, egg, baking powder, garlic powder, onion powder, and salt to the cheese mixture. Stir vigorously with a spatula until a dough ball forms. If the dough is too sticky, add a tablespoon of almond flour at a time until it is workable.

Phase 3: Assembly and Rolling (Time: 10 Minutes | Intensity: Medium)

1. Preheat: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

2. Roll the Dough: Place the dough between two sheets of parchment paper. Using a rolling pin, roll the dough into a rectangle approximately 10×12 inches and ¼ inch thick.

3. Add Filling: Remove the top parchment paper. Spread the sausage and cream cheese mixture evenly over the dough, leaving a ½-inch border around the edges.

4. Roll It Up: Starting from the long side, carefully roll the dough up (like a jelly roll) using the bottom parchment paper to help lift and roll. Pinch the seam to seal.

Phase 4: Slicing and Baking (Time: 25 Minutes | Intensity: Low)

1. Slice: Using a sharp knife, slice the log into 12 equal pieces. Place the pinwheels flat onto the prepared baking sheet.

2. Egg Wash: Brush the tops of the pinwheels with the beaten egg. Sprinkle with Everything Bagel Seasoning if desired.

3. Bake: Bake for 18-22 minutes, or until the dough is golden brown and the filling is bubbly. Rotate the pan halfway through baking for even browning.

4. Cool: Remove from the oven and let cool for 5 minutes before serving. This allows the cheese to set slightly, making them easier to hold.

Recipe Notes & Tips

- Dough Temperature: Fathead dough is easiest to work with when warm. If it cools down and becomes stiff, simply pop it back in the microwave for 15 seconds to soften.

- Make it Spicy: Add diced jalapeños to the filling or use hot sausage for an extra kick.

- Make Ahead: You can prepare the sausage filling a day in advance and store it in the fridge.

- Freezer Friendly: These pinwheels freeze beautifully. Bake them, let them cool completely, and freeze on a baking sheet. Transfer to a zip-lock bag. Reheat in the oven at 350°F until warm.

Nutrition Information

Disclaimer: Nutritional information is provided as an estimate and will vary based on specific ingredients and brands used.

Serving Size: 1 Pinwheel
Calories: 185
Total Fat: 15g
Saturated Fat: 8g
Cholesterol: 60mg
Sodium: 320mg
Total Carbohydrates: 2.5g
Dietary Fiber: 0.5g
Total Sugars: 0.5g
Protein: 7g