

All Day Keto Breakfast

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 15.5 g, Fiber: 8.9 g, **Net carbs: 6.6 g,**

Protein: 19.5 g, Fat: 41.3 g, Calories: 489 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (per serving)

- 1 large egg (free-range or organic)
- 5 thin (or 2-3 regular) bacon slices (60g / 2.3 oz)
- 2 large Portobello mushrooms (170g / 5.9 oz)
- 1/2 average avocado (100g / 3.5 oz)
- 1 tbsp butter or [ghee](#)
- pinch freshly ground [black pepper](#)
- salt to taste
- fresh herbs for garnish

Suggested substitutions with the same net carb effect:

- up to 2 cups cooked spinach instead of mushrooms
- 1 grain-free sausage instead of bacon
- 2 oz cheese such as cheddar instead of avocado

Instructions

Simply pan-roast the mushrooms (top side down), heat half of the butter / ghee on a non-stick pan over medium-low heat. Add the mushrooms, sprinkle them with sea salt and pepper and cook for about 5-8 minutes until tender. The mushrooms will release some water and it's better to fry the egg on a separate butter-greased pan together with the bacon. That's it - it cannot be any easier! :-)

Why you should eat avocados...

AVOCADO is so healthy: low in net carbs, rich in fiber and heart-healthy monounsaturated fatty acids. It also contains potassium which is often [deficient in low-carb diets](#). Just one average avocado has less than 4 grams of net carbs and provides almost 1000 mg of potassium (50% RDA)! It's not just avocado that is recommended for breakfast. As [posted previously](#), eating food rich in fat (avocado, eggs, coconut oil, etc), especially for breakfast, will speed up your metabolism and help you with fat-loss!

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