

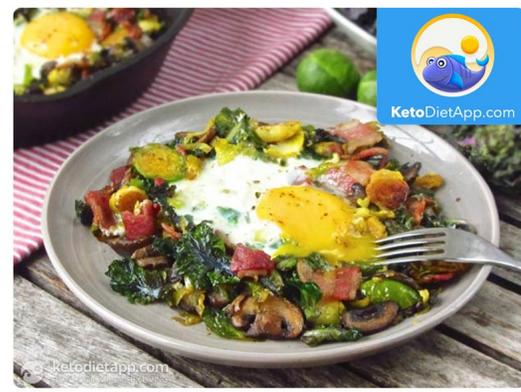
Easy Brussels Sprout, Bacon & Egg Hash

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, hash with 1 egg): Total carbs: 11.6 g, Fiber: 4.5 g,

Net carbs: 7.1 g, Protein: 20 g, Fat: 31.6 g, Calories: 401 kcal,

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



Ingredients (makes 4 servings)

4 cups Brussels sprouts (400 g/ 14.1 oz)

4 cups sliced white mushrooms (280 g/ 9.9 oz)

8 thin-cut *or* 4 regular bacon slices (240 g/ 8.5 oz)

4 large eggs, free-range or organic (200 g/ 7.1 oz)

3 tbsp [ghee](#) *or* duck fat (45 ml)

sea salt and pepper, to taste

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Instructions

1. Slice the bacon rashers into small stripes and place in a pan greased with 1 tablespoon of ghee. Cook until brown and crispy and mix to avoid burning. When done, set aside.
2. Meanwhile, clean and thinly slice the mushrooms. Prepare the sprouts by removing the hard stems and finely slice them.
3. Place the mushrooms in another heavy-bottom pan greased with your preferred cooking fat. Cook them over medium heat for 5-10 minutes until they start to caramelize. Stir 3-4 times to avoid burning.
4. When the mushrooms are browned, add the sliced Brussels sprouts. Cook for 10-15 minutes stirring frequently to prevent burning.
5. When the sprouts are fork-tender, add the bacon.
6. Create small dips in the mixture and crack the eggs in. Cook until the egg white becomes solid and remove from heat. If you prefer the egg yolks to be done, cover with a lid while cooking or finish cooking in the oven.
7. This meal is best eaten warm. You can prepare the meal without eggs in advance and store for up to 4 days. Reheat and add eggs just before serving.

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