

Baked Butternut Cups

Hands-on 15 minutes Overall 50-60 minutes

Nutritional values (per serving): Total carbs: 19.4 g, Fiber: 3.4 g, **Net carbs: 16 g**,

Protein: 13.7 g, Fat: 13.4 g, Calories: 242 kcal,

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



Ingredients (2 servings)

- 2 butternut squash, only bottom part (300g / 10.6 oz)
- 2 large eggs, free-range or organic
- 2 small mushrooms, I used baby Portobello mushrooms (40g / 1.4 oz)
- 1/2 cup grated parmesan cheese (30g / 1.1 oz)
- 2 tbsp fresh or 1 tsp dried basil
- 2 tbsp fresh or 1 tsp dried parsley
- pinch freshly ground [black pepper](#)
- salt to taste (I used [pink Himalayan](#))
- [coconut oil](#) spray or melted [ghee](#) / butter for brushing

Notes: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Peel the butternut squash.
2. Remove the seeds and fibers. Nothing goes to waste: keep the seeds and roast them to make a quick low-carb snack! *Note: You can use the narrow part of the squash in [Spiced Butternut Chips](#).*
3. Place a mushroom inside each cup, season with salt and pepper and top with freshly chopped herbs. Transfer to a baking sheet and spray with some coconut oil or brush with melted ghee. Place in the oven for 20-25 minutes.
4. Remove from the oven, add some parmesan cheese and crack the egg in the butternut cup.
5. Top with the remaining parmesan cheese and place back in the oven for another 15-20 minutes.
6. When done, remove and serve with fresh greens. You can make butternut cups in advance and have them ready in your fridge for a quick pre-workout snack. Enjoy!

Alternatives for less carbs

The sweeter the squash is, the more carbs it has. Here are some alternatives you can try (net carbs per 100 g / 3.5 oz): Butternut - 9.7 g , Hokkaido - 7.1 g, Onion / Ambercup - 7.1 g, Harlequin / Carnival - 7 g, Spaghetti - 5.4 g, Hubbard - 4.8 g, Pattypan - 2.6 g

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