

Low-carb Pork & Egg Pie

Hands-on 20 minutes Overall 45-50 minutes



Nutritional values (per serving): Total carbs: 5.9 g, Fiber: 2.8 g, **Net carbs: 3.1 g,**

Protein: 33.1 g, Fat: 35 g, Calories: 477 kcal,

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

Ingredients (makes 8 servings)

- 1 recipe [Savory Keto Pie Crust](#)
- 350 g pork loin, diced (12.3 oz)
- 6 large slices bacon, unsmoked, outdoor-reared (180 g / 6.3 oz)
- 4 large eggs, free-range or organic
- 1/2 cup cream cheese, full-fat (100 g / 3.5 oz)
- 1 cup cheddar cheese, grated (110 g / 4 oz)
- 1 medium red onion, finely chopped (100 g / 3.5 oz)
- 2 cloves garlic, crushed
- 1/4 cup freshly chopped chives or spring onion
- 2 tbsp [ghee](#) or lard, you can [make your own ghee](#) (30 g / 1.1 oz)
- freshly ground black pepper
- 1/2 tsp salt (I like [pink Himalayan](#)) or to taste

Instructions

1. Make the pie crust [following this recipe](#). You can either make 8 mini pie crusts or one regular crust. Make the dough and press into the pan (I used a [pan with removable bottom](#)).
2. Place baking paper on top and use [ceramic baking beans](#) to weight the dough down. You will need them to prevent the dough from rising and creating air bubbles, especially if you are making a large pie. Place in the oven and bake for 12-15 minutes.
3. Peel and finely chop the onion and garlic and place on a pan greased with ghee. Cook for 5-7 minutes while stirring. Then add sliced bacon and cook for further 5 minutes or until crispy.
4. Dice the pork loin and add to the pan with the bacon. Cook over a medium heat until browned from all sides. When done, take off the heat and set aside to cool down.
5. Preheat the oven to 200 °C/ 400 °F. Mix the eggs with the cream cheese and season with salt and pepper. Grate the cheddar cheese.
6. Add the grated cheddar cheese to the egg mixture and combine

well. Add finely chopped chives or spring onion and mix well.

7. Place the cooked pork into the pie crust (leave it in the tart pan) and spread evenly.
8. Pour in the egg mixture and mix gently using a wooden spoon. Place the pie into the oven and cook for about 25 minutes. When done, remove from the oven and let it rest for 5 minutes before serving.
9. Serve hot or cold. Enjoy!

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