

# Bacon, Cheese and Spinach Mug Muffin

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 10.1 g, Fiber: 6.7 g, **Net carbs: 3.4 g,**

Protein: 19.7 g, Fat: 31.3 g, Calories: 391 kcal,

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



## Ingredients (makes 2 servings)

### Basic savoury mug muffin mix:

1/4 cup [almond flour](#) (25 g / 0.9 oz)

1/4 cup [flaxmeal](#) (38 g / 1.3 oz)

1/4 tsp [baking soda](#)

1 large egg, free-range or organic

2 tbsp cream *or* [coconut milk](#) (30 ml / 1 fl oz)

2 tbsp water

pinch salt (I like [pink Himalayan](#))

### Add:

2-3 slices crisped up bacon (20 g / 0.7 oz)

50 g feta cheese or other soft cheese (1.8 oz)

3 tbsp cooked & drained spinach (30 g / 1.1 oz)

*If you need to make this recipe nut-free, use more [flaxmeal](#) (same amount) or [coconut flour](#) (half the amount). When using ingredients, always go by their weight, especially in case of baked goods.*

*Measures such as cups may vary depending on a product / brand.*

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

## Instructions

1. Place all the dry ingredients in a small bowl and combine well.
2. Add the egg, cream, water and mix well using a fork.
3. Crumble the bacon and break the cheese into smaller pieces. Chop the spinach and place everything into the bowl with the muffin dough.
4. Microwave on high for 60-90 seconds. When done, let it sit for 5 minutes and enjoy!

## Tips

**Cooking in the oven:** If you don't have a microwave, I suggest you

make 4-8 servings at once. Preheat the oven to 175 °C/ 350 °F and cook for about 12-15 minutes or until cooked in the centre.

**Crisping up the bacon:** Preheat the oven to 190 °C/ 375 °F. Line a baking tray with baking paper. Lay the bacon strips out flat on the baking paper, leaving space so they don't overlap. Place the tray in the oven and cook for about 10-15 minutes until golden brown. The time depends on the thickness of the bacon slices. When done, remove from the oven and set aside to cool down.

**Cooking the spinach:** Fill a sauce pan with water and bring to a boil over a high heat. Once simmering, add the spinach and cook for just about a minute until wilted. Transfer the leaves into a bowl with cold water. Then, strain and squeeze the water out of the leaves. If you're using frozen and thawed spinach, make sure you squeeze any water out.

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