

# Bacon, Egg & Asparagus Keto Bowl

Hands-on 15 minutes Overall 20-25 minutes

**Nutritional values (per serving):** Total carbs: 12 g, Fiber: 6.7 g, **Net carbs: 5.3 g,**

Protein: 25 g, Fat: 53.4 g, Calories: 609 kcal,

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



## Ingredients (makes 2 servings)

- 4 slices raw bacon (120 g/ 4.2 oz) - or 64 g/2.2 oz *crisped up*
- 10-14 asparagus spears, woody ends removed (100 g/ 3.5 oz)
- 1 tbsp butter or ghee (14 g/ 0.5 oz)
- 2 large eggs
- 1 small head lettuce such as little gem (100 g/ 3.5 oz)
- 1/2 large avocado, sliced (100 g/ 3.5 oz)
- 1/3 cup crumbled feta cheese (50 g/ 1.8 oz)
- 1/3 cup cherry tomatoes, halved (50 g/ 1.8 oz)
- 2 tsp chopped chives or spring onion
- 1/4 cup flaked almonds, preferably toasted (23 g/ 0.8 oz)

## DRESSING

- 3 tbsp extra virgin olive oil (45 ml/ 1.5 fl oz)
- 1 tsp Dijon mustard
- 2 tsp red wine vinegar
- sea salt and black pepper, to taste

## Instructions

1. Crisp up the bacon in the oven or in a skillet. Oven is better for large batches. If you're only cooking 4 slices it's faster to cook in a lightly greased skillet. **Skillet:** In a frying pan, fry the bacon rashers for 2 minutes per side until crisp. I dry fried them but you can add a touch of olive oil or ghee if you prefer to prevent sticking. All depends on your pan. Drain on a sheet of kitchen paper. **Oven:** 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. Store any leftover bacon in the fridge for up to 4 days.

2. Slice the tomatoes and avocado. Chop the lettuce.
3. Prepare the dressing by mixing the olive oil, mustard, vinegar, salt and pepper together in a small bowl.
4. Place water in the bottom of a steamer pan. Steam the asparagus for 5 – 8 minutes depending on the thickness of the asparagus until *el dente*. Remove from the pan, coat in 1 tablespoon of butter and chop into chunks.
5. While the asparagus is cooking, boil the eggs to your liking. 3 minutes for soft boiled up to 10 minutes for hard boiled. Run under cold water before peeling off the shell.
6. Toss the lettuce through the tomatoes, crispy bacon and dressing. Top with boiled egg, feta, avocado, asparagus, chives, and almonds.
7. Best eaten fresh but can be stored in the fridge for a day.

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