

Bacon Wrapped & Cheese Stuffed Burgers

Hands-on 15 minutes Overall 1 hour 15 minutes

Nutritional values (per serving, 1 burger): Total carbs: 6.6 g, Fiber: 1.9 g, **Net carbs: 4.7 g,**

Protein: 46.7 g, Fat: 60.6 g, Calories: 767 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 5 burgers)

Filling:

2 tbsp ghee or lard (30 g/ 1.1 oz) - you can make your own

1 medium white onion, sliced (110 g/ 4 oz)

2 1/2 cups sliced bell peppers (225 g/ 8 oz)

2 cups sliced white mushrooms (140 g/ 5 oz)

Burgers:

1 kg ground beef (2.2 lb)

salt & pepper to taste

10 thin-cut slices bacon (150 g/ 5.3 oz)

1 1/4 cups shredded cheddar cheese (140 g/ 5 oz)

5 tsp Sriracha - you can make your own (you can even use homemade ketchup or BBQ sauce)

5 tsp Dijon mustard - you can make your own

8. Place in the oven and bake at 150 °C/ 300 °F for 45-60 minutes (until the meat thermometer registers 75 °C/ 165 °F). When done, remove from the oven and let the burgers rest for 5 minutes. Serve with crispy greens or other low-carb veggies..

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Instructions

1. Grease a large pan with ghee. Once hot, add sliced onion and cook over a medium-high heat for 5 minutes or until lightly browned.
2. Add sliced bell peppers and cook for another 5 minutes.
3. Add sliced mushrooms and cook for 3-5 minutes. Take off the heat.
4. Use your hands to divide the ground beef into 5 parts (200 grams or 7.1 ounces each). Flatten each part using your hands. Then take a glass and place in the middle of the burger to create a well. Fold the meat up round the glass to create a bowl shape.
5. Wrap 2 slices of bacon round the "meat bowl". Then, remove the glass carefully by gently twisting and pulling it up.
6. Fill each "meat bowl" with the onion-pepper-mushroom mixture and a teaspoon of Sriracha and Dijon mustard.
7. Finally, top with 1/4 cup of grated cheese. Repeat for the remaining burgers.