

Easy Keto Pickle Poppers

Hands-on 10 minutes Overall 35 minutes

Nutritional values (per serving, 2 poppers): Total carbs: 2 g, Fiber: 0.5 g, **Net carbs: 1.5 g**,

Protein: 8.5 g, Fat: 16.3 g, Calories: 181 kcal,

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



Ingredients (makes 8 servings)

8 whole medium sized pickles (400 g/ 14 oz before removing insides, 280 g/ 9.9 oz after)

4 oz full-fat cream cheese (115 g)

1 cup shredded cheddar cheese (113 g/ 4 oz)

1 tsp garlic powder

8 large slices uncured bacon slices (240 g/ 8.5 oz)

Optional: Serve with Paleo Caesar dressing or Paleo Ranch Dressing (or you can make your own Keto Ranch Dressing)

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Slice the pickles in half lengthwise and scoop out the middles using a melon baller.
2. In a small bowl mix together the cream cheese, cheddar cheese, and garlic powder. Divide the cheese between each pickle pressing into the centers.
3. Cut the bacon slices in half and wrap each pickle in a piece of bacon, place in a shallow baking dish and bake 20-25 minutes until the bacon is crispy.
4. Serve immediately.

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