

# Keto Bacon & Cheese Waffles

Hands-on 20 minutes Overall 20 minutes

**Nutritional values (per waffle):** Total carbs: 4.1 g, Fiber: 2.1 g, **Net carbs: 2 g**, Protein: 19.2 g,  
Fat: 18.6 g, Calories: 255 kcal,

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



## Ingredients (makes 4 waffles)

- 3 large eggs
- 1/4 cup cream cheese (60 g/ 2.1 oz)
- 1/3 cup grated parmesan (30 g/ 1.1 oz)
- 1/2 cup grated Swiss cheese (60 g/ 2.1 oz)
- 3 tbsp [flax meal](#) (20 g/ 0.7 oz) or 4 tbsp [almond flour](#) (25 g/ 0.9 oz)
- 1 tbsp [coconut flour](#) (8 g/ 0.3 oz)
- 1/2 tsp each garlic and onion powder
- 1/2 tsp each dried basil and oregano
- 1/2 tsp [gluten-free baking powder](#)
- salt and pepper to taste
- 4 regular or 8 thin-cut slices of crispy bacon (64 g/ 2.2 oz), about 120 g/ 4.2 oz raw weight

## Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Place the bacon on a greaseproof lined baking tray and par roast in the oven until almost crispy (about 15 minutes).
2. Place the eggs and cream cheese in a mixing bowl and mix with a balloon whisk until combined.
3. Add the grated cheeses and all the dry ingredients: flax meal, coconut flour, garlic and onion powder, dried herbs, baking powder, salt and pepper. Mix well.
4. Pour the batter into a preheated waffle maker. Add 2 small strips of cooked bacon and cook for 1 – 2 minutes. The exact cooking time depends on the waffle maker.
5. When cooked, place on a serving plate and allow to cool.
6. Optionally, serve with fried eggs and/or more crispy bacon. Store any leftover waffles in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.

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