

Keto Bacon Cheeseburger Casserole

Hands-on 15 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 8.3 g, Fiber: 2.4 g, **Net carbs: 6 g**,

Protein: 34.7 g, Fat: 58.3 g, Calories: 697 kcal,

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



Ingredients (makes 6 servings)

- 2 tbsp [ghee](#) (30 g/ 1.1 oz)
- 3 cloves garlic, minced
- 1 medium onion, sliced (110 g/ 3.9 oz)
- 1.1 lb ground beef (500 g)
- 1 cup sliced pickled cucumbers (142 g/ 5 oz)
- 1 tbsp [Dijon mustard](#) (15 g/ 0.5 oz) - *you can [make your own](#)*
- 2 tbsp [sugar-free ketchup](#) or tomato paste (30 g/ 1.1 oz)
- 7 oz canned chopped tomatoes (200 g)
- 3/4 cup [almond flour](#) (75 g/ 2.7 oz)
- 2 cups grated cheddar (225/ 8 oz)
- 2 tbsp chopped parsley
- 3 large eggs
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- 1/2 tsp sea salt or [pink Himalayan salt](#)
- 1/4 tsp black pepper
- 5-6 thick-cut bacon slices or 10-12 thin-cut bacon slices (180 g/ 6.4 oz)

Tip: If you want to make this recipe nut-free, you can substitute the [almond flour](#) with 1/3 cup (40 g/ 1.4 oz) [coconut flour](#).

Instructions

1. Preheat the oven to 180 °C/ 360 °F. Grease a large pot with ghee. Peel and slice the onion and finely chop the garlic. Add to the pot and cook until fragrant for about 5 minutes over a medium-high heat. Stir to prevent burning.
2. Place the beef in the pot with onion and garlic and cook for a few minutes until browned from all sides.
3. Add the sliced pickled cucumbers.
4. Add the mustard, ketchup, canned tomatoes, chopped parsley and almond flour. Mix to combine well. Take off the

heat and set aside.

5. Crack the eggs in a bowl and add heavy whipping cream. Season with salt and pepper and whisk using a fork.
6. Place the warm cheeseburger mixture into a large baking dish.
7. Add the grated cheddar cheese, pour over the egg & cream mixture and stir with a spatula.
8. Place in the oven and bake for 25 minutes at 180 °C/ 360 °F. Then, top with sliced bacon and place back in the oven for another 15-20 minutes.
9. Once done, place on a rack and leave to cool down for 10-15 minutes.
10. Serve with crispy greens and more pickled cucumbers. Store in the fridge for up to 5 days or freeze for up to 3 months and reheat as needed.

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