

Keto Bacon Cheeseburger Cups

Hands-on 20 minutes Overall 35 minutes

Nutritional values (per cup): Total carbs: 3.1 g, Fiber: 0.7 g, **Net carbs: 2.5 g**, Protein: 16.6 g,
Fat: 24.8 g, Calories: 298 kcal,

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



Ingredients (makes 10 cups)

- 12 thin-cut bacon slices (300 g/ 10.6 oz)
- 500 g minced beef (1.1 lb)
- 1 small brown onion, chopped finely (70 g/ 2.5 oz)
- 1 tsp garlic powder
- 1/2 cup sugar-free tomato sauce (120 ml/ 4 fl oz)
- 1/2 cup full-fat cream cheese (120 g/ 4.2 oz)
- 6 tbsp sugar-free tomato ketchup (90 g/ 3.2 oz) - *you can make your own ketchup*
- 6 tsp American mustard *or* Dijon mustard
- 1 cup grated cheddar cheese (113 g/ 4 oz)
- 1/3 cup sliced pickles (52 g/ 1.8 oz)

Instructions

1. Preheat the oven to 220 °C/ 430 °F. I sprayed my muffins tins lightly with olive oil. I don't think this is essential but didn't want my bacon to stick.
2. Cut the bacon slices in half (I asked my delicatessen to slice mine half the usual thickness), and wrap them around the inside of the holes in the muffin pans, and then lay the excess across the bottom.
3. Bake for 10 minutes and remove from oven. Leave oven turned on.
4. While the bacon is cooking, brown the minced beef and onion in a frying pan, along with the garlic powder, until cooked.
5. Add the cream cheese and tomato sauce (passata) and stir until melted and well combined.
6. Spoon the mince mixture into each of the bacon cups and then top with tomato ketchup and mustard.
7. Pile grated cheese on top and then bake for a further 12 minutes.
8. Serve 2-3 cups with a pickle slice on top.
9. Store in a container in the refrigerator for up to 5 days.

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