

Quick & Easy Keto BLT Cups

Hands-on 15 minutes Overall 40 minutes

Nutritional values (per serving, 1 BLT cup): Total carbs: 1.8 g, Fiber: 0.6 g, **Net carbs: 1.1 g**,

Protein: 10.9 g, Fat: 18.8 g, Calories: 216 kcal,

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



Ingredients (makes 6 BLT cups)

12 large slices uncured bacon (450 g/ 1 lb) - *see note below*

1/2 cup [paleo mayonnaise](#) (110 g/ 3.9 oz) - *you can [make your own](#)*

1/2 small lemon, juiced (30 ml)

sea salt and pepper, to taste

10 cherry tomatoes, halved (113 g/ 4 oz)

1 small head romaine lettuce, shredded (140 g/ 5 oz)

Note: Nutrition facts exclude bacon grease which is not used in this recipe. One slice is about 45 g (1.6 oz). If using thin-cut bacon, you may need to use up to 4 slices of bacon to make each cup. Make sure to use enough bacon to make the perfect shapes.

Instructions

1. Preheat oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted) and place a muffin tin upside down on a baking sheet lined with aluminum foil for easy clean up.
2. You will need 2 slices of bacon to make each cup. Cut 6 slices of bacon in half and lay them over a muffin tin in a cross shape. Wrap a whole slice of bacon around the entire muffin cup covering the outsides of the cross. Repeat with remaining bacon.
3. Transfer to the oven and bake 20-25 minutes until crispy then let cool completely. You can reserve the bacon grease for another use, or discard.
4. Prepare the dressing. In a medium bowl whisk together the mayonnaise, lemon juice, salt and pepper. Halve the cherry tomatoes.
5. To the bowl with the dressing, add the tomatoes and lettuce. Toss to mix.
6. Fill the bacon cups with the mixture and serve. Eat immediately. The unfilled bacon cups can be stored in the fridge for up to 5 days. The salad is best prepared fresh and can be stored in the fridge for up to a day.

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