

# Keto Green Eggs & Bacon

Hands-on 15 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 7.8 g, Fiber: 3.8 g, **Net carbs: 4 g**,

Protein: 25.3 g, Fat: 59.8 g, Calories: 662 kcal,

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



## Ingredients (makes 1 serving)

### Eggs & Bacon:

- 2 medium eggs
- 3 slices bacon (75 g/ 2.7 oz) - *I used Canadian-style bacon*
- 1 tbsp [extra virgin olive oil](#) or [ghee](#) (15 ml)
- 1/3 medium avocado or [Low-Carb Pickled Avocado](#) (50 g/ 1.8 oz)
- salt and pepper, to taste
- 2 tbsp pesto (30 g/ 1.1 oz) - *recipe below*

### Almond Basil Pesto:

- 1/3 cup [almonds](#) (45 g/ 1.6 oz)
- 1 large bunch fresh basil (90 g/ 3.2 oz)
- 5 tbsp [extra virgin olive oil](#) (75 ml)
- 2 tbsp fresh lemon juice (30 ml)
- 1 garlic clove, sliced
- 1/2 tsp [coconut aminos](#)
- sea salt or [pink Himalayan salt](#), to taste

*Note: Get creative and make your own pesto using nuts, seeds, olive oil, herbs and spices! Here are even more [keto-friendly pesto recipes](#).*

*Nutrition facts per serving are almost the same for all pesto recipes.*

## Instructions

1. Prepare the pesto. Blitz all the ingredients together in a [high speed food processor](#).
2. Prepare the eggs and bacon. In a frying pan, fry the bacon rashers for 2 minutes per side until crisp. I dry fried them but you can add a touch of olive oil or ghee if you prefer to prevent sticking. All depends on your pan. Drain on a sheet of kitchen paper.
3. Meanwhile, heat another frying pan with 1 tablespoon of olive oil or ghee on a medium/ low heat and coat the bottom of the pan.
4. Crack the eggs into the pan, and sprinkle with a pinch of salt and pepper. If the oil starts to spit, it's too hot so turn down the heat.

Cook the eggs until the white is set and the yolk still runny, or to your liking. Remove from the pan with a spatula.

5. To serve, place the eggs and bacon on your plate, with sliced avocado and 2 tablespoons of almond pesto. Any remaining pesto can be stored in the fridge and used on a fresh salad or mixed through some roast chicken.

## Tips for Storing

You can keep your pesto in the fridge for up to a week or two if it's stored properly. It helps to pour a thin layer of olive oil on the top, as it keeps it fresh for longer. If you want to preserve homemade pesto for longer, freeze it in manageable portion sizes by putting it in an ice-cube tray and keep in a plastic bag in the freezer for up to 6 months. Whenever you need to use it, just keep the required portion at room temperature until it melts.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)