# Keto Jalapeño Popper Stuffed Burgers

**Hands-on 10 minutes Overall 20 minutes**

**Nutritional values (per burger):** Total carbs: 14.3 g, Fiber: 8.7 g, **Net carbs: 5.5 g**,

Protein: 39.2 g, Fat: 48.8 g, Calories: 632 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

## Ingredients (makes 4 burgers)

4 Ultimate Keto Buns, halved

1 lb ground beef (450 g)

1 cup shredded cheddar cheese (4 oz/ 113 g)

4 thin-cut slices bacon, crisped up (60 g/ 2.1 oz) - *weight after cooking: 32 g/ 1.1 oz*

1/2 cup pickled jalapeños (52 g/ 1.8 oz)

4 slices tomatoes (70 g/ 2.5 oz)

handful fresh greens of choice (28 g/ 1 oz)

*Optional:* serve with Keto Ketchup, Homemade Mustard or Keto BBQ Sauce, and a big bowl of dressed greens.

*Note: For more bread options (nut-free, flax-free, etc.), check out my other keto & low-carb bread recipes.*

## Instructions

1.  Make the Ultimate Keto Buns by following the video recipe. They will be darker in color if you use brown flax, or light in color if you use golden flax. You can make a double batch of keto buns and keep them in the freezer. When you want to make the burgers, let the buns defrost at room temperature. Optionally, you can cut the buns in half and briefly crisp up under a broiler.

2.  Divide the beef into 8 equal pieces. Patty out a piece of each piece and fill with cheese, jalapeños,...  ... then crispy bacon (you can crisp it up in the oven or on a pan).

3.  Top with the another piece and pinch the sides together sealing up the burger.

4.  Grill burgers over medium-high heat, flipping once until desired doneness is reached, approximately 4 minutes each side for medium.

5.  You can eat the burgers with a bowl of dressed greens or ...  ... place the burger in a bun and top with desired burger toppings. Enjoy!

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