

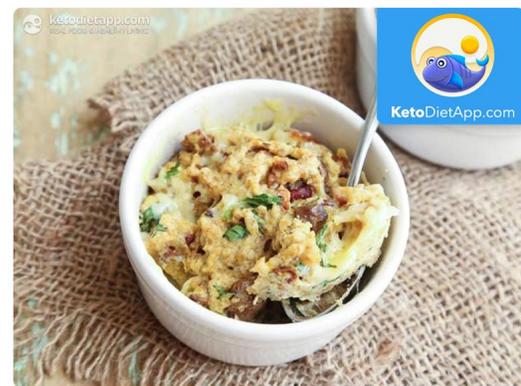
Keto Mug Muffin with Bacon, Cheese & Mushrooms

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 9.2 g, Fiber: 6.5 g, **Net carbs: 2.7 g**,

Protein: 18.4 g, Fat: 37.2 g, Calories: 435 kcal,

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



Ingredients (makes 2 servings)

Basic savoury mug muffin:

- 1/4 cup [almond flour](#) (25 g / 0.9 oz)
- 1/4 cup [flaxmeal](#) (38 g / 1.3 oz)
- 1/4 tsp [baking soda](#)
- 1 large egg, free-range or organic
- 2 tbsp cream *or* [coconut milk](#) (30 ml/ 1 fl oz)
- 2 tbsp water
- pinch salt (I like [pink Himalayan](#))

Add:

- 4 small or 2 regular slices crisped up bacon (32 g/ 1.1 oz)
- 1/4 cup sliced mushrooms (25 g/ 0.9 oz)
- 1/2 cup diced cheddar cheese (33 g/ 1.2 oz)
- 1 tbsp freshly chopped basil or parsley

Instructions

1. In a pan, fry the bacon slices. Once crisped up, place on a plate, let them cool down and then crumble into small pieces.
2. Pour the bacon grease - apart from 1 tablespoon - in a jar and reserve for cooking, or discard. Slice the mushrooms, add to the pan and roast them over a medium heat for 3-5 minutes or until lightly browned.
3. Place all the dry ingredients in a small bowl and combine well.
4. Add the egg, cream, water and mix well using a fork.
5. Add the crumbled bacon and roasted mushrooms and combine well.
6. Divide the dough between 2 mugs or ramekins and add diced cheddar and chopped basil. Microwave on high for 60-90 seconds. When done, let it sit for 5 minutes. Enjoy!

Tips

Cooking in the oven: If you don't have a microwave, I suggest you make 4-8 servings at once. Preheat the oven to 175 °C/ 350 °F and cook for about 12-15 minutes or until cooked in the centre.

Crisping up the bacon: Preheat the oven to 190 °C/ 375 °F. Line a baking tray with baking paper. Lay the bacon strips out flat on the baking paper, leaving space so they don't overlap. Place the tray in the oven and cook for about 10-15 minutes until golden brown. The time depends on the thickness of the bacon slices. When done, remove from the oven and set aside to cool down.

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