

# Keto Savory Zucchini Muffins

Hands-on 20 minutes Overall 45 minutes

**Nutritional values (per muffin):** Total carbs: 4.8 g, Fiber: 2.2 g, **Net carbs: 2.6 g**,

Protein: 12.9 g, Fat: 16.6 g, Calories: 215 kcal,

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



## Ingredients (makes 10 muffins)

6 large slices raw bacon (180 g/ 6.3 oz, about 96 g/ 3.4 oz crisped up)

1 medium zucchini, grated (200 g/ 7.1 oz)

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

1 cup [almond flour](#) (100 g/ 3.5 oz)

4 tbsp [flax meal](#) (28 g/ 1 oz)

1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

2 tsp onion powder

1/2 tsp garlic powder

1 tbsp dried Italian herbs

1/2 tsp salt (I like [pink Himalayan](#))

1/4 tsp ground black pepper

1 1/2 tsp [gluten-free baking powder](#) (you can [make your own](#))

4 large eggs

1/4 cup heavy whipping cream (60 ml/ 2 fl oz)

1/4 cup water (60 ml/ 2 fl oz)

6. Combine and spoon into a [muffin pan](#) (you should be able to make 10 muffins).
7. Place in the oven and bake for 25-30 minutes or until the tops are golden brown and the muffins are set. When done, remove from the oven and let them cool for at least 5 minutes before serving. To store, place in an airtight container and refrigerate for up to 5 days. Enjoy!

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## Instructions

1. Preheat the oven to 175 °C/ 350 °F. Start by crisping up the bacon. Cut the bacon slices into thin strips and place on a hot pan. Add 1/2 cup of water and cook over a medium heat to render the fat and until the bacon is crisped up, for 10-15 minutes.
2. Grate the zucchini and cheddar cheese and set aside.
3. In a bowl, mix all the dry ingredients: almond flour, flax meal, Parmesan cheese, onion powder, garlic powder, Italian herbs, salt, pepper and gluten-free baking powder.
4. In another bowl, whisk the eggs, cream and water. Add the mixed dry ingredients into the bowl.
5. Combine well and add the crisped up bacon, grated zucchini and grated cheddar.