

Keto Savory Zucchini Muffins

Hands-on 20 minutes Overall 45 minutes



Nutritional values (per muffin): Total carbs: 5 g, Fiber: 2.2 g, **Net carbs: 2.8 g,**

Protein: 12.7 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)

- Combine and spoon into a [muffin pan](#) (you should be able to make 10 muffins).
- 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

- 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.
- Grate the zucchini and cheddar cheese and set aside.
- 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.
- In another bowl, whisk the eggs, cream and water. Add the mixed dry ingredients into the bowl.
- Combine well and add the crisped up bacon, grated zucchini and grated cheddar.