

Low-Carb Zucchini Carbonara Cake

Hands-on 10-15 minutes Overall 1 hour 15 minutes



Nutritional values (per serving, 1/4 cake): Total carbs: 5.5 g, Fiber: 1.1 g, **Net carbs: 4.4 g,**

Protein: 19.9 g, Fat: 41.1 g, Calories: 472 kcal,

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

Ingredients (makes 4 servings)

- 400 g zucchini, spiralized (14.1 oz)
- 2 tbsp butter, [ghee](#) or olive oil (30 ml)
- 2 garlic cloves, peeled
- 140 g bacon, sliced (5 oz)
- 3 large eggs
- 1/2 cup grated Gruyere or Pecorino Romano cheese (57 g/ 2 oz)
- 1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)
- 2/3 cups heavy whipping cream (160 ml/ 5.4 fl oz)
- 1 tsp salt, or to taste
- 1/2 tsp cracked black pepper, or to taste

Instructions

1. Preheat oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional).
2. Prepare the zoodles but making them in a spiralizer. If you don't have a spiralizer, you can use a julienne peeler to make long thin zucchini ribbons. Chop the soft cores.
3. Place the noodles in a large bowl or a baking tray. Add the chopped zucchini cores. (Try to keep them in one place as you'll be cooking these first.) Sprinkle the noodles with salt and let them sit for 10 minutes. Use a paper towel to pat them dry and remove excess moisture. Set aside. Alternatively, place in a salad spinner to remove excess moisture.
4. Meanwhile, bash the garlic to bruise it, removing the skin to enable the flavour to release. Chop the bacon into about chopped into 2 cm/ 0.8 " pieces.
5. Melt the butter in a non-stick frying pan or cast iron skillet. Add the bacon and garlic and sauté 5 minutes until the bacon is cooked. Discard the garlic.
6. Beat the eggs in a bowl with a fork. Season with salt and pepper. Add the cheese keeping about a third aside for the topping.
7. Add the zucchini noodles, bacon mix, cream and egg to a mixing bowl and toss to combine, ensuring all the noodles are fully coated.
8. Grease a 19 cm/ 7.5 oz cake tin with a little butter and a small sprinkling of cheese (about 1 tbsp). Add the vegetable mix.
9. Top with the remaining cheese and bake for about 50 minutes, or until firm and golden on top.
10. Allow to cool slightly before removing from the tin and slicing.
11. Top with freshly chopped parsley or basil. Store in the fridge for up to 4 days.

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