

# Quick Keto McMuffins

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving):** Total carbs: 10.2 g, Fiber: 6.5 g, **Net carbs: 3.7 g,**

Protein: 25.6 g, Fat: 54.7 g, Calories: 627 kcal,

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



## Ingredients (makes 2 servings)

### Muffins:

- 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 heavy whipping cream *or* [coconut milk](#)
- 2 tbsp water
- 1/4 cup grated cheddar cheese *or* other Italian hard cheese (28 g/ 1 oz)
- pinch of salt

### Filling:

- 2 large eggs
- 1 tbsp [ghee](#) (you can [make your own](#))
- 1 tbsp butter *or* 2 tbsp cream cheese for spreading
- 2 slices cheddar cheese *or* other hard type cheese (56 g/ 2 oz)
- 1 tsp [Dijon mustard](#) *or* 2 tsp [sugar-free ketchup](#) (you can [make your own](#))
- salt and pepper to taste
- Optional:* 2 cups greens (lettuce, kale, chard, spinach, watercress, etc.) + *less than 1 g net carbs per serving*
- Optional:* 4 slices crisped up bacon or Pancetta

## Instructions

1. Place all the dry ingredients in a small bowl and combine well.
2. Add the egg, cream, water and mix well using a fork.
3. Grate the cheese and add it to the mixture. Combine well and place in single-serving ramekins.
4. Microwave on high for 60-90 seconds. *Tips for 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.*

5. Meanwhile, fry the eggs on ghee. I used [these molds](#) to create perfect shapes for the muffin. Cook the eggs until the egg white is opaque and the yolks still runny. Season with salt and pepper and take off the heat.
6. Cut the muffins in half and spread some butter on the inside of each of the halves.
7. Top each with slices of cheese, egg and mustard. Optionally, serve with greens (lettuce, spinach, watercress, chard, etc.) and bacon. Enjoy immediately! The muffins (without the filling) can be stored in an airtight container for up to 3 days.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)