

Sweet & Spicy Prosciutto Wrapped Green Beans

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving, 3 parcels): Total carbs: 6.8 g, Fiber: 2.5 g, **Net carbs: 4.3 g**,

Protein: 13.3 g, Fat: 12.3 g, Calories: 188 kcal,

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



Ingredients (makes 5 servings)

- 450 g fresh green beans, trimmed (1 lb)
- 225 g thinly sliced prosciutto (8 oz)
- 3 tbsp melted unsalted butter, [ghee](#) or duck fat (45 ml)
- 1/4 - 1/2 tsp cayenne pepper
- 1/2 tsp garlic powder
- 2 tbsp granulated [Swerve](#) or [Erythritol](#) (20 g/ 0.7 oz)

Note: Instead of prosciutto you can use bacon or pancetta!

Instructions

1. Preheat the oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted). Line a baking sheet with parchment paper.
2. Take a bundle of green beans (6-8 at a time) and wrap in a piece or two of prosciutto. Repeat until you've wrapped all of the green beans, arrange on the baking sheet in a single layer.
3. Repeat for all the remaining ingredients. You should be able to get 15 parcels.
4. In a small bowl mix together the melted butter, cayenne pepper, garlic powder, and Swerve.
5. Brush the green beans with the mixture.
6. Transfer to the oven and bake for 15-20 minutes, and then broil on high for 5 minutes, until the prosciutto is crispy and the green beans are tender. Store in an airtight container in the refrigerator for up to 4 days. Reheat under the oven broiler for about 5 minutes.

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