

1 Carb Garlic Beef and Bacon Crispy Crepes

.75 net carbs per serving for 4 servings.



LowCarbeDiem.com

Precook the bacon slices, cool and cut into small pieces. Prepare the No Carb Classic Buttery Crepe batter. Set half aside in the fridge. (Stores well for 2 to 3 days.)

To a 12 inch skillet over medium heat, add 1/4 of the batter and swirl to completely cover skillet. Cook until underside of crepe browns, about 2 minutes. Loosen the edge of crepe with spatula, lift up and flip. Cook another 1 to 2 minutes, then slide out of skillet onto a paper towel to cool. Repeat with remaining batter.

Preheat oven to 350 F. In a skillet, brown the ground beef and garlic, and drain excess fat. Leave some fat for flavor (to taste). Remove from heat and cool slightly.

Place crepes on a baking sheet. Top with chopped bacon, arugula and diced tomato for color, mozzarella and parmesan cheese. Season with oregano, sea salt and pepper. Fold edges of crepes toward the center.

Cook until cheese begins to melt and the crepe crust is crispy, about 5 to 7 minutes. Remove from oven and serve immediately.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 1/2 Classic Buttery Crepes
- 4 bacon slices
- 1 lb ground chuck
- 2 clove garlic, pressed
- 1/2 c arugula
- 1/2 c tomato, diced small
- 8 ozs mozzarella cheese, shredded
- 4 ozs parmesan cheese
- 1/4 tsp oregano
- 1/4 tsp sea salt
- 1/2 tsp black pepper

Nutrition Facts

Amount Per Serving		Calories from Fat: 2060
Calories	2883	% Daily Values*
Total Fat	222g	342%
Saturated Fat	114g	570%
Cholesterol	904mg	301%
Sodium	4004mg	167%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	7%
Protein	195g	
Vitamin A		101%
Vitamin C		38%
Calcium		299%
Iron		61%

* Percent Daily Values are based on a 2000 calorie diet.