

# Cheeseburger Keto Casserole

405 cal - 2.5g net carbs per serving  
(3238 cal - 21.5g net carbs in total recipe)  
Servings: 8

Low Carbe Diem

[go HOME](#)

## Beef Layer:

3 slices bacon, cooked and chopped  
1 onion  
1 clove garlic  
1 1/2 lbs ground beef  
sea salt and pepper, to taste  
2 oz cream cheese

## Cheddar Sauce:

3 whole eggs  
3/4 c heavy cream  
1 c cheddar cheese, shredded  
2 tbsp mustard  
sea salt and pepper, to taste  
1/2 c cheddar cheese, shredded  
16 dill pickle slices (or 1, 4-inch pickle, sliced)



## DIRECTIONS

### Make the beef layer:

Brown the onion, garlic and beef until thoroughly cooked. Add salt and pepper to taste, then stir in the cream cheese.

Pour the beef mixture into a baking dish. Sprinkle half the bacon pieces over the top.

### Make the Cheddar Sauce:

Combine in a bowl: eggs, cream, 1 cup of shredded cheese, mustard, salt and pepper.

Pour the Cheddar sauce over the beef mixture. Place pickle slices on top.

Cover with remaining 1/2 cup shredded cheese.

Bake at 350 F for 15 minutes, or until cheese is crispy and golden.

Total Recipe: 3238 Calories; 230g Fat (64% calories from fat); 257g Protein; 25g Carbohydrate; 4.5g Fiber.

Per Serving: 405 Calories; 28.8g Fat (64% calories from fat); 32g Protein; 3.1g Carbohydrate; 0.6g Fiber.