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Low Carb Bacon Cheeseburger Casserole

This Low Carb Bacon Cheeseburger Casserole is a delicious and satisfying dish that combines all the flavors of a classic bacon cheeseburger in a convenient casserole form. It's perfect for those following a low carb or keto diet, but it's also a crowd-pleaser for anyone who loves a good cheeseburger. The casserole is made with ground beef, bacon, cheese, and a creamy sauce, and it's topped with a layer of melted cheese and crispy bacon. It's a hearty and comforting dish that is sure to become a family favorite.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 35 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g Ground Beef

200 g bacon

200 g	Cheddar Cheese
100 g	cream cheese
100 g	mayonnaise
100 g	dill pickles
50 g	yellow mustard
10 g	Salt
5 g	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a large skillet, cook the ground beef over medium heat until browned. Drain any excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

In the same skillet, cook the bacon until crispy. Remove from the skillet and crumble into small pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

In a mixing bowl, combine the cooked ground beef, crumbled bacon, cheddar cheese, cream cheese, mayonnaise, dill pickles, yellow mustard, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Transfer the mixture to a greased casserole dish and spread it out evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Oven

Bake in the preheated oven for 20 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Resting

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 500 kcal

Fat: 35 g

Protein: 40 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	35 g	125%	140%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	5 mg	45.45%	62.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Nutritional Content

Low Carb

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Cultural

Chinese New Year

Oktoberfest

Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

The Mayo Clinic Diet

The Beverly Hills Diet

The Rice Diet

The F-Plan Diet

The Eat-Clean Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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