



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Keto Bacon & Cheese Mug Cake

The Keto Bacon & Cheese Mug Cake is a low-carb, high-fat recipe that is perfect for those following a ketogenic diet. It is a savory mug cake made with bacon, cheese, and a few other ingredients. It is quick and easy to make and is a delicious option for a quick breakfast or snack. The mug cake is cooked in the microwave and is ready in just a few minutes.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 2 mins

**Total Time:** 7 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 1

**Serving Size:** 200 g

### Ingredients

30 g	bacon
30 g	Cheddar Cheese
30 g	almond flour
1 pieces	Egg

<b>1 tsp</b>	baking powder
<b>0.5 tsp</b>	salt
<b>0.25 tsp</b>	black pepper
<b>0.5 tsp</b>	Parsley

## Directions

### Step 1

Frying

Cook the bacon until crispy. Let it cool and crumble it into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

In a microwave-safe mug, add the almond flour, baking powder, salt, and black pepper. Mix well.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

### Step 3

Add the crumbled bacon, shredded cheddar cheese, and chopped parsley to the mug. Mix well.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

Crack the egg into the mug and mix everything together until well combined.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

**Microwaving**

Microwave the mug on high for 1 minute. Check the cake and microwave for an additional 30 seconds if needed.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

---

## Step 6

Let the mug cake cool for a few minutes before serving. Enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 450 kcal

**Fat:** 35 g

**Protein:** 25 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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	15 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	35 g	125%	140%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	250 iu	27.78%	35.71%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	250 mg	25%	25%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Meal Type

Brunch Snack Breakfast Lunch Supper

### Course

Breads Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

### Cost

Under \$10 \$10 to \$20 \$20 to \$30

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)