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## Keto Bacon Avocado Muffins ♦♦

These Keto Bacon Avocado Muffins are a delicious and healthy breakfast option. They are low in carbs, high in protein, and packed with flavor. The muffins are made with almond flour, eggs, bacon, avocado, and cheese. They are perfect for those following a ketogenic diet or looking for a tasty and filling breakfast idea.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

200 g	Almond flour
4 pieces	Eggs
100 g	bacon
100 g	Avocado

50 g Cheese

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Frying

Cook the bacon in a skillet until crispy. Remove from heat and crumble into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

#### Mixing

In a mixing bowl, mash the avocado until smooth. Add the almond flour, eggs, bacon, and cheese. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Preparation

Grease a muffin tin with cooking spray. Spoon the batter into the muffin cups, filling each about 2/3 full.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Baking

Bake in the preheated oven for 20-25 minutes, or until the muffins are golden brown and set.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 6

### Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 12 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	3 g	7.89%	12%
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	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	250 iu	27.78%	35.71%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	150 mg	15%	15%
Iron	1 mg	12.5%	5.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Game Day

### Meal Type

Breakfast Snack Supper

### Nutritional Content

Low Calorie Low Carb Low Sodium

### Kitchen Tools

Blender Slow Cooker

### Course

Side Dishes Salads Snacks Sauces & Dressings

### Demographics

Allergy Friendly Diabetic Friendly Heart Healthy

### Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Paleo Diet Ketogenic Diet

## Difficulty Level

Medium

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