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## Keto Mug English Muffins ♦

Keto Mug English Muffins are a delicious and low-carb breakfast option. They are made with almond flour and coconut flour, making them gluten-free and keto-friendly. These muffins are easy to make and can be customized with your favorite toppings. Enjoy them warm with butter or your favorite spread.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 2 mins

**Total Time:** 7 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 1

**Serving Size:** 100 g

### Ingredients

<b>20 g</b>	Almond flour
<b>10 g</b>	Coconut Flour
<b>1 tsp</b>	baking powder
<b>1 tsp</b>	salt
<b>1 unit</b>	Egg

1 tbsp butter

2 tbsp almond milk

## Directions

### Step 1

Microwaving

In a microwave-safe mug, melt the butter.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

### Step 2

Mixing

Add almond flour, coconut flour, baking powder, and salt to the mug. Mix well.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

### Step 3

Mixing

Add the egg and almond milk to the mug. Mix until well combined.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Microwaving

Microwave the mug on high for 1 minute and 30 seconds, or until the muffin is cooked through.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 5

Cooling

Carefully remove the mug from the microwave and let the muffin cool for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Slice the muffin in half and toast it if desired. Serve warm with butter or your favorite spread.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 280 kcal

**Fat:** 22 g

**Protein:** 10 g

**Carbohydrates:** 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
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	4 g	18.18%	23.53%
Fat	22 g	78.57%	88%
Cholesterol	186 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	4 mg	0.12%	0.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Nutritional Content

Low Carb

### Kitchen Tools

Slow Cooker

Blender

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Easter

Halloween

### Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Meal Type

Breakfast

Brunch

Snack

### Difficulty Level

Easy

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