

September 2020

Beef Keto

## Beef Baked Eggs (Leftover Special)

### Ingredients:

- 85g ground beef, lamb or pork, use left-overs or cook from scratch it any way you like
- 2 eggs
- 55g shredded cheese, full fat

### Instructions:

1. Preheat the oven to 200°C
2. Arrange cooked ground-beef mixture in a small baking dish
3. Then make two holes with a spoon and crack the eggs into them
4. Sprinkle shredded cheese on top
5. Bake in the oven until the eggs are done, about 10-15 minutes.
6. Let cool for a while. The eggs and ground meat get very hot!

### Nutritional Information:

Net carbs: 1 % (2 g)

Fiber: 0 g

Fat: 65 % (35 g)

Protein: 33 % (41 g)

Calories: 498