

# Keto Big Mac Burger

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♥ [lowcarblove.com/blog/keto-big-mac-burger](https://lowcarblove.com/blog/keto-big-mac-burger)

July 29, 2021



Servings: 2

## Buns

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### Ingredients:

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- 2 cups almond flour
- 4 eggs
- 1 tablespoon of baking powder
- 4 tablespoon of butter
- $\frac{1}{3}$  cup warm water
- 1 teaspoon of yeast
- Dash of salt
- Optional 1 tablespoon of sweetener

## Sauce

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### Ingredients:

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- $\frac{1}{4}$  cup mayo

- ½ heaping Tablespoon sweet relish
- ½ tablespoon dill pickle juice
- 1 tablespoon sweetener
- ½ teaspoon onion powder
- 1 teaspoon of mustard
- 1 teaspoon ketchup
- Dash of salt

## **Burger Meat**

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### **Ingredients:**

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- 1 pound lean ground beef, patty into 2 to 4 thin large patties
- 1 1/2 pounds 80% lean 20% fat ground beef or ground chuck
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons seasoning salt
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- FOR THE BUILT
- Salt & Pepper
- Butter
- Shredded lettuce
- Dill pickles
- Minced onion
- American cheese slices

## Directions:

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1. Start by making the buns.
2. Place warm water with yeast and sugar and allow it to bloom, 5 to 10 minutes
3. Then add in remaining ingredients and mix well.
4. Preheat oven to 350.
5. Prepare silicon muffin top mold, with avocado spray or any spray release.
6. Add batter and sprinkle with sesame seeds.
7. Bake for 12 to 15 minutes or until golden.
8. Make sauce.
9. Add ingredients for the sauce into a bowl. And mix well. Adjust to taste.
10. Set aside, in the refrigerator.
11. Make the patties.
12. Mix all ingredients with the ground beef.
13. Shape by hand or flatten with a flat surface.
14. Heat a pan.
15. Add patties and cook to preference.
16. Allow the patties to rest once done.
17. Now it's time to assemble the Big Mac.
18. Spread a little Big Mac sauce over the bottom base. Top with some chopped onion, shredded lettuce, slice of cheese, beef patty and some pickle slices. Top with the middle bun layer, and spread with more Big Mac sauce, onion, lettuce, pickles, beef patty and then finish with more sauce. Top with a burger bun.

## Nutrition:

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Nutrition per serving:

- 13g Net Carbs
- 12g Fiber
- 25g Total
- 94g Protein
- 150g Fat
- 1851 Calories