

Keto Hamburger Buns

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Servings: 8 Buns

Buns

Ingredients:

- 1 1/2 cups almond flour
- 4 eggs
- 1 tablespoon of baking powder
- Dash of salt
- Optional 1 tablespoon of sweetener
- 1/4 cup of Shredded cheese cheddar
- 2 tablespoon of Sesame seeds

Meat

Ingredients:

- 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

Burger Toppings:

- Cheese Slices
- Lettuce
- Tomato
- Onions
- Mayo
- Ketchup
- Mustard

Directions:

1. Mix all bun ingredients in a bowl.
2. Separate dough and mix some with the cheese and the others top with sesame seeds.
3. Shape and bake at 350F for 12-15 minutes.
4. Prepare the patties.
5. All ingredients to a bowl and shape by hand.
6. Fry patties until done.
7. Build your burger.

Nutrition:

Nutrition per serving: (Buns Only)

- 3g Net Carbs

- 2g Fiber
- 5g Total Carbs
- 8g Protein
- 13g Fat
- 157 Calories