AMERICAN · BREAKFAST

Savoury Cheese and Bacon Breakfast Custards

55 min · Serves 2 · 285 kcal a serve · Video 3:46 · CarnivorousChef

Carnivore · Gluten-free ingredients · No nuts listed

A baked custard of eggs, milk, cream and cheese with no added sugar: each ramekin gives about 12 g of protein and is a good source of vitamin B12 and selenium.

Diet notes: Keto (4.7 g net carbs a serve).

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Ingredients 10 · SERVES 2

- [ ] 1 whole **egg**
- [ ] 1 **egg yolk**
- [ ] ½ cup whole **milk**
- [ ] ¼ cup **heavy cream**
- [ ] ¼ tsp **salt**, plus a pinch more
- [ ] 2 tbsp grated **parmesan**
- [ ] 2 tbsp shredded **sharp cheddar**
- [ ] 1 tbsp crumbled cooked **bacon**
- [ ] a big pinch of **black pepper**
- [ ] **butter** for greasing the ramekins (about 1 tsp)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Butter two 5 oz ramekins and set them in a deep baking dish lined with a tea towel so they don't slide. 1:16
2. Whisk the whole egg, egg yolk, whole milk, cream and ¼ tsp salt until completely smooth. 0:36
3. Whisk in the grated parmesan, the cheddar, the extra pinch of salt and a big pinch of pepper. 1:01
4. Pour the custard into the ramekins and drop the cooked, crumbled bacon on top. 1:35
5. Pour hot water into the dish to come about 1 inch up the sides. Bake 30–35 minutes, until a toothpick in the centre comes out clean. 1:39
6. Lift out and rest for about 15 minutes; they should still wobble a little but not be runny. Eat warm. 2:45

Tip Serves 2 (one ramekin each; our estimate). For a sweet version the cook skips the cheese, bacon and pepper and adds 2 tsp vanilla extract (not strict carnivore). He says bone broth can replace the milk if you're lactose intolerant.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
285 kcal	12 g	4.7 g	0 g	24 g	630 mg
1,190 kJ	23% of a day	4.7 g net · 4.3 g sugars	0% of a day	14 g saturated	28% of a day
		2% of a day		31% of a day	

Energy from net carbs 7% · protein 17% · fat 76% — fits keto: 4.7 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin B12 39% · Selenium 35% · Vitamin A 29%

Source of (10–19%) Calcium 16% · Zinc 11% · Omega-3 10%

Recipe and video: CarnivorousChef (@CarnivorousChef) on YouTube — youtube.com/watch?v=VV_1sxbdhHQ, published 10 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-cheese-bacon-breakfast-custard