GLOBAL · DINNER · LUNCH

Carnivore Lasagna with Egg Noodles

30 min · Serves 4 · 521 kcal a serve · Video 4:09 · Meet Carnivore

Carnivore · Gluten-free ingredients · No nuts listed

Thin egg pancakes replace pasta, giving about 29 g protein and a quarter of a day's calcium per slice with almost no carbs. With cheese and cream it is very high in saturated fat, so keep it as an occasional treat.

Diet notes: Keto (1.6 g net carbs a serve).

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Ingredients 8 · SERVES 4

- [ ] 3 **eggs**
- [ ] ½ cup **heavy cream** (about 1½ tbsp for the egg noodles, the rest for the sauce)
- [ ] about 1 tbsp **butter** (two pats), for cooking the egg pancakes
- [ ] 11 oz minced **beef**
- [ ] about 1½ tsp **butter** (a pat), for browning the mince
- [ ] **salt**, to taste (for the mince)
- [ ] ¾ oz **butter**, for the cheese sauce
- [ ] 5 oz shredded **cheddar**, a little kept for the top

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. Whisk the eggs with about 1½ tbsp of the cream. Melt about 1 tbsp butter in a non-stick pan over medium heat, pour in a thin layer and cook 1–2 minutes per side. Repeat to make thin egg pancakes (noodles). 0:49
2. In the same pan, with a pat of butter, brown the beef with a little salt. 1:46
3. Melt the ¾ oz butter in a small pot over low heat, add the rest of the cream and warm it without boiling, then stir in most of the cheese to make a sauce. 1:54
4. In a small baking tray, layer egg pancake, beef and cheese sauce, and repeat until everything is used. 2:42
5. Bake at 355°F in an air fryer for 7 minutes, or about 10–12 minutes at 390°F in an oven. Add the remaining cheese 2 minutes before the end and let it melt. 3:27

> **Tip** Makes 4 slices. For thicker meat layers simply cook more mince. No air fryer? Use the oven times given. Keeps 3 days in the fridge; reheat slices in the oven or air fryer.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
521 kcal	29 g	1.6 g	0 g	44 g	720 mg
2,180 kJ	59% of a day	1.6 g net · 1.3 g sugars	0% of a day	24 g saturated	31% of a day
		1% of a day		56% of a day	

Energy from net carbs 1% · protein 22% · fat 77% — fits keto: 1.6 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Vitamin B12 96% · Selenium 54% · Zinc 47% · Vitamin A 36% · Calcium 25%

Source of (10–19%) Vitamin B6 17% · Omega-3 14% · Iron 12%

Recipe and video: Meet Carnivore (@meetcarnivore) on YouTube — youtube.com/watch?v=YTgtUSfDfMk, published 22 July 2025. 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-egg-noodle-lasagna