

Keto Carbonara

(Wednesday dinner)



Net carbs: 4 % (9 g)

Fiber: 2 g

Fat: 84 % (80 g)

Protein: 11 % (25 g)

kcal: 860

INGREDIENTS:

2/oz. bacon or pancetta, diced

¼ tbsp butter

5 tbsp heavy whipping cream

1 tbsp mayonnaise

salt and pepper

fresh parsley, chopped

8 oz. zucchini

1 egg yolk

¾ oz. grated parmesan cheese

DIRECTIONS:

1. Pour the heavy cream into a sauce pan and bring it to a boil. Lower the heat and let boil for a few minutes until reduced by a fourth.

2 Fry pancetta/bacon in butter until crispy. Reserve the fat.

3. Mix in the mayonnaise into the heavy cream. Salt and pepper to taste, and cook until mayonnaise is warmed through.

4. Make spirals of the zucchini with a spiralizer. If you don't have a spiralizer you can make thin zucchini strips with a potato peeler.

5. Add zoodles to the warm cream sauce. Divide between four plates and top with bacon, egg yolks, parsley, and a generous amount of freshly grated parmesan.

6. Drizzle bacon grease on top and serve immediately