

Gluten Free Keto Friendly Cheeseburger Pot Pie

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Here is a quick recipe for low carb, gluten free , keto friendly cheese burger pot pie that you can make in a pinch. It does not make a whole lot, so you could double this recipe to make more.



This is a fairly easy recipe to make.

Ingredients:

- 1 lb of ground beef
- 1 small onion chopped
- 1/3 cup of **Blanched Almond Flour**
- 3 Tbsp **coconut flour**
- 1 tsp **baking powder**
- 3 eggs
- 1/2 cup heavy whipping cream
- 1 cup shredded cheese (co-jack)

Directions:

1. Cook the beef and the onion in a pan and pre-heat the oven to 400 degrees



2. Spread the beef mixture into a **pie plate**
 3. Mix the coconut flour, almond flour, eggs, baking powder and the cream in a **mixing bowl**
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4. spread the flour mixture on top of the meat mixture



5. top with the cheese and bake in the oven for 20 to 25 minutes.



When it is done, serve





Nutrition Facts

Servings 4.0

Amount Per Serving

calories 582

% Daily Value *

Total Fat 39 g 61 %

Saturated Fat 20 g 101 %

Monounsaturated Fat 7 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 284 mg 95 %

Sodium 379 mg 16 %

Potassium 165 mg 5 %

Total Carbohydrate 9 g 3 %

Dietary Fiber 4 g 14 %

Sugars 3 g

Protein 40 g 79 %

Vitamin A 19 %

Vitamin C 5 %

Calcium 28 %

Iron 25 %