AMERICAN · DINNER · LUNCH

Crustless Bacon Cheeseburger Pie

60 min · Serves 4 · 633 kcal a serve · Video 8:44 · Meet Carnivore

Carnivore · Gluten-free ingredients · Nut-free

A flourless meat bake held together with eggs and cheese: each slice gives about 43 g of protein and is rich in vitamin B12, zinc, selenium and calcium.

Diet notes: Keto (2.1 g net carbs a serve).

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Ingredients 9 · SERVES 4

- [ ] 9 oz **ground beef**
- [ ] 9 oz **ground pork** (or use all beef, 1 lb in total)
- [ ] about 1 tbsp **saved bacon fat**, for frying the meat
- [ ] 6–8 slices **bacon** (the cook uses 7 thin slices)
- [ ] 4 large **eggs** (or 5 small)
- [ ] ½ cup **heavy cream**
- [ ] ½ cup shredded **mozzarella**
- [ ] 1 cup shredded **cheddar**
- [ ] a little **salt** for the meat (optional)

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

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cook the bacon until crisp (the cook air-fries it about 11 minutes; thin bacon cooks faster), then chop it. 1:10
2. Meanwhile, brown the ground beef and pork in a pan with the saved bacon fat, breaking it up, and add a little salt if you like. 1:26
3. Whisk the eggs with the cream, then stir in the mozzarella and cheddar. 2:55
4. Tip the cooked meat and its fat into a baking dish, scatter over the bacon, pour the egg and cheese mixture on top and mix everything together. 5:44
5. Bake (or air-fry) at 350°F for 20–25 minutes, until the top is bubbling and lightly browned. 7:14
6. Rest for 10–15 minutes before cutting into slices. 7:48

> **Tip** Serves 4 (our estimate); the cook says the recipe doubles easily for a bigger tray. No cheese? The cook swaps it for extra egg yolks and a spoon of tallow; to make it fully dairy-free, leave out the cream too. Keeps 3 days in the fridge.

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
633 kcal	43 g	2.1 g	0 g	49 g	720 mg
2,650 kJ	87% of a day	2.1 g net · 1.5 g sugars	0% of a day	23 g saturated	31% of a day
		1% of a day		63% of a day	

Energy from net carbs 1% · protein 28% · fat 71% — fits keto: 2.1 g net carbs, 71% of the energy from fat

High in (20%+ of a day) Vitamin B12 105% · Selenium 95% · Zinc 59% · Vitamin A 29% · Vitamin B6 29% · Calcium 26%

Source of (10–19%) Omega-3 16% · Iron 15% · Potassium 11% · Magnesium 10%

Recipe and video: Meet Carnivore (@meetcarnivore) on YouTube — youtube.com/watch?v=hceymdJWfGM, published 9 January 2026. 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-bacon-cheeseburger-pie