

Keto Cloud Bread Bacon Burger: Your Ultimate Low-Carb Sensation

Keto Cloud Bread Bacon Burger



OVEN
300°F

TIME
25-30 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

- 4 slices of bacon
- 4 large eggs, separated
- 1/4 teaspoon cream of tartar
- 1/4 cup cream cheese, softened
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and black pepper to taste (for cloud bread)
- 1/2 lb ground beef (80/20 blend recommended for flavor)
- 1/2 teaspoon garlic powder (for beef)
- 1/2 teaspoon onion powder (for beef)
- 1/2 teaspoon salt (for beef)
- 1/4 teaspoon black pepper (for beef)

Optional toppings: crisp lettuce, ripe tomato slices, thin red onion slices, pickles, sugar-free ketchup or mayonnaise, avocado slices

Swaps and Notes:

Bacon: Cook until very crispy for the best texture contrast against the cloud bread. Choose sugar-free bacon for strict keto.

Cream of Tartar: This is essential for stabilizing the egg whites and achieving stiff peaks, which gives the cloud bread its airy texture. Do not skip it.

Cream Cheese: Ensure it's softened to room temperature for a smooth, lump-free egg yolk mixture.

Seasoning for Cloud Bread: Adjust salt and pepper to your preference. A tiny pinch of dried herbs like oregano could also be added.

Ground Beef: You can use ground turkey or bison for a leaner option, adjusting seasonings as desired.

Toppings: Stick to low-carb, keto-friendly toppings and condiments. Avocado adds healthy fats and creaminess.

Instructions:

Prep Oven & Bacon: Preheat your oven to 300°F (150°C). Line a baking sheet with parchment paper. Cook the bacon slices in a skillet over medium heat until wonderfully crispy. Remove from the skillet, let cool, and then crumble into small pieces. Set aside.

Make Cloud Bread - Egg Whites: In a large, very clean mixing bowl (ensure no grease), add the egg whites and cream of tartar. Using an electric mixer, beat on high speed until stiff peaks form. The mixture should be glossy and hold its shape when you lift the beaters.

Make Cloud Bread - Egg Yolks: In a separate medium bowl, combine the egg yolks, softened cream cheese, 1/4 teaspoon garlic powder, 1/4 teaspoon onion powder, and a pinch of salt and black pepper (for the cloud bread). Mix with a whisk or fork until completely smooth and creamy.

Fold Mixtures: Gently fold the egg yolk mixture into the stiff egg whites until just combined. Be careful not to deflate the egg whites too much. The mixture should still be light and airy.

Form & Bake Cloud Bread: Spoon the cloud bread mixture onto the prepared baking sheet, forming 4 individual round "buns" (they will expand slightly). Bake in the preheated oven for 25-30 minutes, or until the cloud bread buns are golden brown and feel firm to the touch. Let them cool completely on the baking sheet.

Prepare Beef Patties: While the cloud bread bakes, place the ground beef in a bowl. Add 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Mix gently until just combined. Form the mixture into 2 equally sized burger patties.

Cook Beef Patties: Heat a skillet (the same one used for bacon, draining most of the fat, or a clean one) over medium-high heat. Cook the burger patties for about 4-5 minutes per side, or until cooked to your desired level of doneness (for well-done, ensure internal temperature reaches 160°F / 71°C).

Assemble the Burgers: Once the cloud bread buns have cooled, place one cloud bread bun on a plate. Top with a cooked beef patty, a portion of the crispy crumbled bacon, and your desired fresh toppings like lettuce and tomato. Place another

cloud bread bun on top to complete your burger.

Enjoy! Serve immediately and savor your delicious Keto Cloud Bread Bacon Burger!

Tips for Success:

Clean Bowls for Egg Whites: Any grease can prevent egg whites from stiffening. Ensure your bowl and beaters are impeccably clean.

Gentle Folding: When combining the egg white and yolk mixtures, fold gently to maintain the airy texture of the cloud bread.

Cool Cloud Bread: Allow the cloud bread buns to cool completely before assembling the burgers. This helps them firm up and become easier to handle.

Crispy Bacon: The crispness of the bacon is key for texture in this burger.

DIRECTIONS

- 1. Prep : Oven & Bacon:** Preheat your oven to 300°F (150°C). Line a baking sheet with parchment paper. Cook the bacon slices in a skillet over medium heat until wonderfully crispy. Remove from the skillet, let cool, and then crumble into small pieces. Set aside.
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13. **Crispy : Bacon:** The crispness of the bacon is key for texture in this burger.
14. **Season : Beef Well:** Don't forget to season the beef patties generously for maximum flavor.
15. **Serving Suggestions and Pairings:** This Keto Cloud Bread Bacon Burger is a complete and incredibly satisfying meal on its own for anyone following a ketogenic or low-carb diet.
16. **Side : Salad:** A simple side salad with a sugar-free vinaigrette.
17. **Keto : Veggies:** Roasted low-carb vegetables like asparagus, broccoli, or Brussels sprouts.
18. **Avocado:** An extra side of sliced avocado for healthy fats.
19. **Other : Keto-Friendly Mains:** If you enjoy healthy and satisfying dishes, you might also like [A Light Tangy Chicken Salad I Actually Crave](#) and [There's No Mayo in Sight](#) for another delicious, light main course.
20. **Breakfast : Ideas:** For other quick and easy keto-friendly options, consider [This One-Pan Breakfast Bake Will Make You Skip](#) (adjusting ingredients for strict keto).
21. **Storage and Leftover Tips:** Cloud bread is best eaten fresh the day it's made, as its airy texture can diminish over time. However, you can store cooked cloud bread buns in an airtight container at room temperature for up to 1-2 days, or in the refrigerator for up to 3-4 days. They might need a quick toast in a dry skillet or toaster oven to regain some crispness. Cooked beef patties and bacon can be stored separately in the refrigerator for 3-4 days. Assemble the burgers just before serving.
22. **More Recipes You Will Love:** If you loved the delicious and accommodating nature of this keto burger, you'll definitely want to explore these other fantastic and

easy-to-make recipes:

23. A Light : Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight
24. This : One-Pan Breakfast Bake Will Make You Skip
25. These : Easy Cheesy Chicken Sliders with Marinara Garlic Butter

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/keto-cloud-bread-bacon-burger-your-ultimate-low-carb-sensation/>