

Prep Time	15 minutes
Cook Time	40 minutes
Resting Time	10 minutes
Total Time	1 hour
Servings	8 generous portions

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Why You'll Love This Recipe

- **Ultra Low-Carb:** Coming in at under 3 grams of net carbs per serving, it keeps you firmly in ketosis while providing sustainable morning energy.
- **Meal-Prep Champion:** Bakes beautifully ahead of time and reheats effortlessly in the microwave, toaster oven, or air fryer without losing its structure or moisture.
- **Customizable Filling:** Swap in your favorite keto-friendly proteins and low-carb vegetables depending on what you have in your refrigerator.

- **No Soggy Bottoms:** By pre-cooking the meats and sautéing the vegetables to release excess water before baking, you ensure a perfectly set custard with zero watery residue.

Equipment Needed

- 9×13-inch ceramic or glass baking dish
- Large skillet (cast iron or non-stick)
- Large mixing bowl
- Wire whisk
- Measuring cups and spoons
- Silicone spatula
- Slotted spoon

Ingredients

The Meat & Vegetable Base

- 1 lb (450g) Mild or Hot Italian Ground Sausage (sugar-free)

- 6 strips Thick-Cut Bacon, diced
- 1 cup Fresh Broccoli Florets, chopped into small bites
- ½ cup Red Bell Pepper, finely diced
- 2 cloves Garlic, minced
- 2 Green Onions (Scallions), sliced (reserve dark green tops for garnish)

The Custard & Cheese

- 10 Large Eggs, room temperature
- ½ cup Heavy Whipping Cream
- 2 tbsp Unsalted Butter (for greasing or sautéing if needed)
- 1 ½ cups Sharp Cheddar Cheese, freshly shredded (divided)
- 1 cup Mozzarella Cheese, freshly shredded (divided)
- 1 tsp Garlic Powder

- 1 tsp Onion Powder
- ½ tsp Dried Italian Seasoning
- ½ tsp Sea Salt
- ¼ tsp Freshly Ground Black Pepper
- ¼ tsp Red Pepper Flakes (optional, for heat)

Step-by-Step Instructions

1. Prep Equipment and Preheat Oven: Intensity: Low | Time: 5 mins.

Preheat your oven to 375°F (190°C). Lightly grease a 9×13-inch ceramic or glass baking dish with 1 tablespoon of butter or avocado oil spray. Set aside.

2. Brown the Meats: Intensity: Medium | Time: 10 mins.

Place a large skillet over medium-high heat. Add the diced bacon and cook until crisp (about 5–7 minutes). Remove the bacon with a slotted spoon and transfer to a paper-towel-lined plate, leaving the bacon grease in the skillet.

Add the ground Italian sausage to the hot skillet. Break it up with a wooden spoon and cook for 5–6 minutes until completely browned and cooked through. Transfer the sausage to the plate with the bacon. Pour off all but 1 tablespoon of rendered fat from the pan.

3. Sauté the Vegetables: Intensity: Medium | Time: 5 mins.

In the same skillet over medium heat, add the chopped broccoli florets and diced red bell

pepper. Sauté for 3–4 minutes until tender-crisp. Add the minced garlic and sauté for 1 additional minute until fragrant. Remove from heat.

4.Assemble the Base Layer:Intensity: Low | Time: 3 mins.

Spread the browned sausage, cooked bacon, sautéed broccoli, bell pepper, and sliced green onion bottoms evenly across the bottom of your prepared 9×13-inch baking dish. Sprinkle 1 cup of the sharp cheddar and ½ cup of the mozzarella cheese evenly over the top of the meat and veggie mixture.

5.Whisk the Egg Custard:Intensity: Low | Time: 4 mins.

In a large bowl, crack the 10 eggs. Add the heavy whipping cream, garlic powder, onion powder, Italian seasoning, sea salt, black pepper, and optional red pepper flakes. Whisk vigorously for 60 to 90 seconds until the mixture is uniform, airy, and thoroughly combined.

6.Combine and Top:Intensity: Low | Time: 3 mins.

Pour the egg mixture slowly and evenly over the meat, vegetables, and cheese in the baking dish, ensuring all areas are covered. Sprinkle the remaining ½ cup of sharp cheddar and ½ cup of mozzarella cheese across the top surface.

7.Bake to Golden Perfection:Intensity: Medium | Time: 35–40 mins.

Place the casserole on the center rack of your preheated oven. Bake for 35 to 40 minutes, or until the eggs are completely set in the center (it should not jiggle when gently shaken) and the cheese on top is melted and lightly golden brown.

8.Rest and Serve:Intensity: Low | Time: 10 mins.

Remove the casserole from the oven and let it sit at room temperature for 10 minutes before slicing. Garnish with the reserved sliced green onion tops or fresh parsley. Slice into 8 equal portions and serve warm.

Pro-Tips for Success

1. **Shred Your Own Cheese:** Pre-shredded packaged cheeses contain added anti-caking agents (like potato starch) that add hidden carbs and prevent smooth melting. Shredding block cheese yields a much richer, creamier texture.
2. **Control Moisture Content:** Sautéing veggies before adding them to the bake evaporates excess water. If using spinach or mushrooms, be sure to cook out all water before layering into the dish.
3. **Check for Doneness:** Insert a butter knife or toothpick into the center of the casserole. If it comes out clean without wet egg residue, your dish is fully baked.

Storage, Freezing & Reheating

- **Refrigeration:** Store leftover slices in an airtight container in the refrigerator for up to 4 to 5 days.
- **Freezing:** Allow the baked casserole to cool completely. Wrap individual slices tightly in plastic wrap and store in a freezer-safe bag for up to 2 months. Thaw overnight in the fridge before reheating.
- **Reheating:**
 - **Microwave:** Heat individual slices on high for 60–90 seconds until warmed through.

- Air Fryer: Reheat at 350°F (175°C) for 3–4 minutes for a crispy top.
- Oven: Cover the dish with foil and heat at 350°F (175°C) for 15 minutes.

Detailed Nutritional Information

Calculated per serving (based on 8 total servings):

Nutritive Element	Amount Per Serving
Calories	385 kcal
Total Fat	30 g
<i>Saturated Fat</i>	13 g
<i>Trans Fat</i>	0 g
Cholesterol	275 mg
Sodium	680 mg
Total Carbohydrates	3.5 g
<i>Dietary Fiber</i>	0.8 g
<i>Net Carbohydrates</i>	2.7 g
<i>Sugars</i>	1.1 g
Protein	24 g
Vitamin D	1.8 mcg
Calcium	220 mg
Iron	1.9 mg
Potassium	310 mg