

- Prep Time: 15 minutes
- Cook Time: 20 minutes
- Total Time: 35 minutes
- Yield: 12 bites (4 servings, 3 bites per serving)
- Skill Level: Easy
- Cooking Intensity: Low to Medium Heat (Baking at 350°F / 175°C)
- Keto Culinary Intensity: High Fat, Ultra Low-Carb

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Equipment Needed

- 12-cup standard muffin tin
- Silicone muffin liners or high-heat cooking spray
- Non-stick skillet
- Large mixing bowl
- Fine whisk
- Measuring cups and spoons
- Wire cooling rack

Ingredients

For the Egg Base

- 8 large eggs, room temperature
- 1/4 cup heavy whipping cream (or full-fat unsweetened coconut cream)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly cracked black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

For the Stir-Ins & Toppings

- 6 strips thick-cut bacon, cooked crispy and crumbled (reserve 1 tablespoon bacon grease)
- 1 cup fresh baby spinach, finely chopped
- 1 cup sharp cheddar cheese, freshly shredded (divided)
- 2 tablespoons fresh chives, finely minced

Step-by-Step Cooking Instructions

Step 1: Prep & Pre-Heat (Intensity: Low)

1. Preheat your conventional oven to 350°F (175°C). Position the oven rack in the middle position to ensure even heat distribution.
2. Lightly coat a 12-cup standard muffin tin with non-stick cooking spray, or line each cup with high-quality food-grade silicone liners for effortless removal.

Step 2: Sauté the Spinach (Intensity: Medium-Low Heat)

1. Heat a non-stick skillet over medium-low heat. Add 1 tablespoon of reserved bacon grease (or butter).
2. Add the chopped baby spinach and sauté for approximately 1 to 2 minutes just until wilted.
3. Remove from heat and press the cooked spinach between two sheets of paper towels to squeeze out excess moisture. *Crucial tip: Removing excess moisture prevents wet, soggy bite bottoms.*

Step 3: Whisk the Egg Custard (Intensity: Moderate Aeration)

1. In a large bowl, crack the 8 large eggs. Add the heavy cream, sea salt, black pepper, garlic powder, and onion powder.

2. Whisk vigorously for 60 to 90 seconds until the mixture is uniform, fully emulsified, and slightly frothy on top. Incorporating air during this step ensures light, airy bites.

Step 4: Layer the Mix-Ins

1. Distribute the squeezed sautéed spinach evenly across the bottoms of the 12 prepared muffin cups.
2. Add 3/4 of the crumbled crisp bacon and 3/4 cup of the shredded sharp cheddar cheese, spreading them evenly among the cups.

Step 5: Pour and Top (Intensity: Precise Pouring)

1. Carefully pour or ladle the whisked egg mixture into each muffin cup, filling each approximately 3/4 full to allow room for the eggs to puff up as they bake.
2. Sprinkle the remaining crumbled bacon, remaining 1/4 cup shredded cheddar cheese, and minced fresh chives over the top of each cup.

Step 6: Bake to Perfection (Intensity: Steady Baking)

1. Transfer the muffin tin to the center rack of your preheated oven.
2. Bake at 350°F (175°C) for 18 to 22 minutes. The bites are ready when the edges are set, the centers are firm to a gentle touch, and the tops are slightly golden.

3. Remove from the oven and set the tin on a wire rack. Let the bites cool in the pan for 5 minutes—they will slightly deflate as they rest, settling into neat egg bites. Run a thin butter knife around the edges to release them cleanly if not using silicone liners.

Expert Culinary Tips for Success

1. **Avoid Overbaking:** Eggs continue cooking slightly after being removed from the oven due to residual heat. Pull them out as soon as the centers no longer jiggle.
2. **Freshly Grated Cheese:** Pre-shredded cheese contains anti-caking agents like cellulose that add unnecessary carbohydrates and prevent optimal melting. Shred your own block cheese for maximum richness and lower net carbs.
3. **Custom Add-Ins:** Feel free to swap the bacon for cooked breakfast sausage, diced ham, or sautéed bell peppers and mushrooms (keeping carb limits in mind).

Storage, Freezing & Reheating

- **Refrigeration:** Store leftover bites in an airtight container lined with a paper towel in the refrigerator for up to 4 to 5 days.
- **Freezing:** Allow bites to cool completely. Wrap each bite individually in plastic wrap, then store them in a freezer-safe zip-top bag for up to 2 months. Thaw overnight in the fridge before reheating.
- **Reheating:** Microwave 2 bites on a paper towel-lined plate for 20 to 30 seconds from

refrigerated, or 60 to 90 seconds from frozen, until warmed through. Alternatively, warm in an air fryer at 300°F (150°C) for 3 to 4 minutes for a crispy exterior.

Complete Nutritional Breakdown

Calculated per serving (Serving Size: 3 Omelet Keto Bites)

Macro Nutrients	Amount Per Serving
Calories	310 kcal
Total Fat	25 g
<i>Saturated Fat</i>	<i>11 g</i>
<i>Trans Fat</i>	<i>0 g</i>
Cholesterol	415 mg
Sodium	580 mg
Total Carbohydrates	2 g
<i>Dietary Fiber</i>	<i>0.5 g</i>
<i>Net Carbohydrates</i>	<i>1.5 g</i>
<i>Total Sugars</i>	<i>1 g</i>
Protein	19 g