



Air Fryer Bacon Grilled Cheese

Keto Bacon Grilled Cheese is as good as it sounds! Boss Babe grew up eating grilled cheese and had missed it since going Keto. Using the 90 second bread as the base for the sandwich, the Air Fryer was the perfect way to crisp this dish up! We used thick cut cheddar cheese and three strips of bacon for the perfect amount of cheesy crunch in the middle!

Recipe:

1 Serving 90 second Bread

1 oz Cheddar Cheese (or cheese of your choice, sliced)

2-3 strips of Bacon

Cook in the Air Fryer at 360 for 5 min, then flip and cook another 3 min. Enjoy!

The Keto Dad Tips and Tricks:

- You can make 90s bread in advance and freeze it - perfect for recipes like this when you're toasting it!
- For a few extra carbs, add tomato!
- Change up the cheese - they're all delicious!
- This fits perfectly in a 2 qt Air Fryer.
- Add a toothpick to keep the top from blowing around the Air Fryer!



Serves: 1

Bacon and cheese on bread - Calories: 453, Fat: 40g, Carbs: 6g, Fiber: 2g, Protein: 17g

90 Second Bread - Calories: 355, Fat: 32g, Carbs: 5g, Protein: 11g

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