



Keto Big Mac Egg Rolls

Ingredients:

4 Cut Da Carb Flatbreads (or any low carb flat bread you choose)
1 Lb. Ground Beef
1 Cup Coleslaw
¼ Cup Diced Onion
1 ½ Cups Shredded Cheddar Cheese
Salt & Pepper to your liking

Sauce:

1 Cup Mayonnaise
½ Cup Sugar Free Ketchup
1 TBSP Mustard
2 TBSP Onion Powder
1 tsp White Vinegar
¼ Cup Diced Dill Pickles
1 TBSP Dill Pickle Juice
Optional: Add 1-2 tsp Keto approved sweetener



Instructions:

Make the sauce:

In a bowl, add in all the Big Mac Sauce ingredients and mix them together. I recommend letting the sauce sit for at least 15 minutes before eating so it can have time to build the flavor. Store in a jar with a lid and place in the fridge. This recipe will make 1 ¾ Cup of sauce total.

Make the Big Mac Egg Rolls:

Add your ground beef to a pan on medium high heat and add salt and pepper. Cook until your ground beef is browned and then set aside.

If you are using Cut Da Carb Flatbreads then you can fold each flatbread in half and cut them down the middle. Then, cut once more the other way so you have little rectangles. You can also cut them into squares if you want to roll them up more like a traditional egg roll. For these, we are rolling them more like a taquito just because it worked out better for me with the filling and size I wanted them to be.

In a bowl, add your ground beef, onion, coleslaw, shredded cheese and mix until well combined.

Lay down a piece of your cut flatbread and place the ground beef mixture along the long side of the flatbread on the side closest to you. Then, holding it a little tight, roll it up away from you and add a little water or egg wash along the edge to seal it shut. Continue this process until you're all done.

Frying: *(My preferred method)*

In a pan on medium heat, fry your egg rolls in Avocado Oil. These you don't want to fry on medium high heat they do not take very long to fry. Fry them until they are golden in color and place them aside until all of your Big Mac Egg Rolls are done.

Air Fryer:

The cooking time might depend on the type of Air Fryer you have but for mine I did 350 for about 5-7 minutes or until golden in color. Make sure you spray your egg rolls with cooking spray before placing into the Air Fryer.

Once your Big Mac Egg Rolls are done, serve with the Big Mac Sauce for dipping.

Servings: 16

Serving Size : 1

Net Carbs: 3

Fiber: 1

Total Carbs: 5

Protein: 14

Fat: 11

Calories: 176

Big Mac Sauce

Serving Size: 2 TBSP

Net Carbs: 1

Fiber: 0

Total Carbs: 1

Protein: 1

Fat: 12

Calories: 118