

Delicious Low Carb Holiday Recipes To Include Main Course Dessert Dishes Pie

The holidays are a time for family, friends, and food. But if you're following a low-carb lifestyle, it can be difficult to find holiday recipes that fit your dietary needs. That's why we've put together this collection of delicious low-carb holiday recipes that will help you celebrate the season without sacrificing your health goals.



Quick And Easy Keto Thanksgiving And Christmas Cookbook: Delicious Low-carb Holiday Recipes To Include Main Course, Dessert, Dishes, Pie, Drinks And More Recipes For The festive celebration by GfreeCuisine

★★★★★ 5 out of 5

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File size : 12232 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 46 pages
Lending : Enabled



Main Course Recipes

Low-Carb Roasted Turkey



This roasted turkey is the perfect centerpiece for your holiday table. It's juicy, flavorful, and low in carbs.

Ingredients:

* 1 (12-14 pound) turkey * 1 tablespoon olive oil * 1 teaspoon salt * 1/2 teaspoon black pepper * 1/2 teaspoon dried thyme * 1/2 teaspoon dried rosemary * 1/4 teaspoon garlic powder * 1/4 teaspoon onion powder

Instructions:

1. Preheat oven to 325 degrees F (163 degrees C).
2. Remove the turkey from the refrigerator and let it come to room temperature for 1 hour.
3. Remove the neck and giblets from the turkey and discard.
4. Rinse the turkey inside and out with cold water and pat dry.
5. In a small bowl,

combine the olive oil, salt, pepper, thyme, rosemary, garlic powder, and onion powder. 6. Rub the turkey all over with the spice mixture. 7. Place the turkey on a roasting rack in a large roasting pan. 8. Roast the turkey for 3-4 hours, or until the internal temperature reaches 165 degrees F (74 degrees C). 9. Let the turkey rest for 30 minutes before carving and serving.

Low-Carb Ham



This low-carb ham is a delicious and easy way to celebrate the holidays. It's made with a simple glaze that's packed with flavor.

Ingredients:

* 1 (10-12 pound) ham * 1/2 cup sugar substitute * 1/4 cup Dijon mustard *
1/4 cup apple cider vinegar * 1 tablespoon olive oil

Instructions:

1. Preheat oven to 325 degrees F (163 degrees C). 2. Remove the ham from the refrigerator and let it come to room temperature for 1 hour. 3. Score the ham all over with a sharp knife. 4. In a small bowl, combine the sugar substitute, Dijon mustard, apple cider vinegar, and olive oil. 5. Spread the glaze all over the ham. 6. Place the ham on a roasting rack in a large roasting pan. 7. Roast the ham for 2-3 hours, or until the internal temperature reaches 145 degrees F (63 degrees C). 8. Let the ham rest for 30 minutes before carving and serving.

Low-Carb Roast Beef



This low-carb roast beef is a classic holiday dish that's sure to please everyone at your table. It's cooked to perfection and served with a delicious gravy.

Ingredients:

* 1 (3-4 pound) rump roast * 1 tablespoon olive oil * 1 teaspoon salt * 1/2 teaspoon black pepper * 1/4 teaspoon garlic powder * 1/4 teaspoon onion

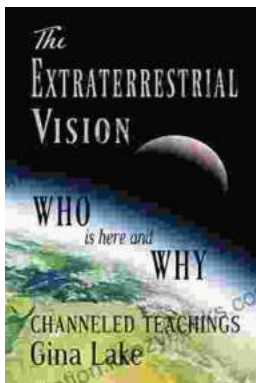
powder * 1 cup beef broth * 1/4 cup sugar substitute * 1 tablespoon
cornstarch



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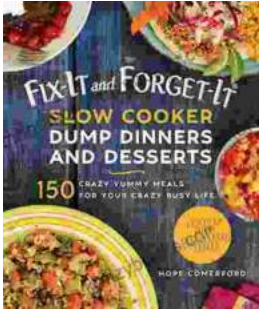
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