

Keto Bacon Squash Casserole

244 cal - 5.8g net carbs per serving
(1950 cal - 47.1g net carbs in total recipe)

Servings: 8



Low Carbe Diem

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4 tbsp butter
6 c diced yellow squash
2 c mushrooms, sliced
2/3 c diced onion
2 cloves garlic
3 whole eggs
1 c heavy cream
1 tsp sea salt
1/2 tsp black pepper
1/4 tsp ground nutmeg
1/4 tsp cayenne pepper
8 strips bacon, cooked and chopped
1/4 c Parmesan cheese, grated

DIRECTIONS

Preheat oven to 350 F.

In a skillet over medium heat, melt butter. Add squash, onion and garlic, and saute until just tender.

Place the squash mixture evenly into the bottom of of a 9"x 13" baking dish.

In a bowl, combine the rest of the ingredients - except the bacon and Parmesan. Mix well, then pour the mixture over the squash.

Top with crumbled bacon and Parmesan.

Bake at 350 F for 35 to 45 minutes, or until cheese is browned and casserole is set.

Remove from oven and let it rest for 10 to 5 minutes.

Serve warm immediately, or at room temperature.

Total Recipe: 1950 Calories; 177.4g Fat (81.8% calories from fat); 37.7g Protein; 63.9g Carbohydrate; 16.8g Fiber.

Per Serving: 244 Calories; 22.1g Fat (81.1% calories from fat); 4.7g Protein; 7.9g Carbohydrate; 2.1g Fiber.