

Keto Eggplant Parmesan Casserole

374 cal - 5.5g net carbs per serving
(2262 cal - 35.8g net carbs in total recipe)
Servings: 6

Low Carbe Diem

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Meat sauce:

1 tbsp olive oil
1 lb ground beef
2 tsp dried oregano
1 tsp garlic, minced
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1 tsp onion powder
1/4 cup red wine
6 oz tomato sauce

Layers:

1 medium eggplant, peeled and thinly sliced
3/4 cup cheddar cheese, shredded



Top sauce:

8 oz ricotta
1/2 cup Parmesan, shredded or grated
1 whole egg

DIRECTIONS

Make the meat sauce:

Heat olive oil in a large skillet, then add the ground beef, cooking until brown. Add remaining meat sauce ingredients to the beef. Bring to a boil; simmer 30 minutes.

Make the layers:

Preheat oven to 375 F. Grease a baking dish. spread a thin layer of meat sauce in the bottom of the dish. Lay eggplant slices on top of the meat sauce layer. Add shredded cheese. Add another layer of meat sauce. Repeat until the dish is full, and all ingredients are layered.

TIP: Add red bell pepper, thinly sliced tomatoes or fresh herbs for more color.

Make the top sauce:

Mix ricotta, Parmesan and the egg together in a bowl. Pour over the meat-eggplant-cheese layers. Bake at 375 F for 25 to 30 minutes.

Total Recipe: 2262 Calories; 139g Fat (55% calories from fat); 196g Protein; 56.6g Carbohydrate; 20.8g Fiber.

Per Serving: 374 Calories; 23g Fat (55% calories from fat); 32.5g Protein; 8.7g Carbohydrate; 3.2g Fiber.