

Rustic Keto Cauliflower Casserole

361 cal - 7.8g net carbs per serving
(2164 cal - 47.1g net carbs in total recipe)

Servings: 6



Low Carbe Diem

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1 large head cauliflower, cut into large florets (7 cups)
3 tbsp butter
4 oz cream cheese
1 c heavy cream
sea salt and pepper, to taste
4 oz ricotta
3/4 cup Gruyère cheese, freshly grated, divided
3/4 cup Parmesan cheese, freshly grated, divided

DIRECTIONS

Preheat oven to 375 F.

Bring a large pot of salted water to a boil . Add cauliflower florets, boiling until al dente (don't over boil!), about 3 to 4 minutes. Drain the cauliflower and set aside.

Melt butter in a small saucepan over medium heat. Slowly pour in heavy cream, whisking constantly. Add cream cheese and ricotta, whisking as you add.

Increase the heat to medium-high and bring to a simmer while whisking continually.

Return heat to medium. Simmer 1 minute or until sauce has thickened, stirring constantly.

Remove from heat. Add 1/2 cup each Gruyère and Parmesan cheeses, stirring until smooth. Season with sea salt and pepper to taste.

Pour a layer of cheese sauce into an 8" x 11" baking dish, thinly coating the bottom of of the dish. Add cauliflower florets, and cover with remaining sauce. Top with remaining cheese.

Bake at 375 F for 30 to 35 minutes, or until cheese is golden brown and bubbly. Broil a few minutes near the end of baking for a darker top.

Total Recipe: 2164 Calories; 182g Fat (75.6% calories from fat); 84g Protein; 63.9g Carbohydrate; 16.8g Fiber.

Per Serving: 361 Calories; 30g Fat (75.6% calories from fat); 14g Protein; 10.6g Carbohydrate; 2.8g Fiber.