



Keto Mac and Cheese

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 6

Nutrition Information Per Serving

277.8 calories, 6.28 g carbohydrate, 2.46 g fiber, 3.82 g NET carbs, 13.25 g protein, 22.93 g fat

Ingredients

- 4 ounce(s) organic cheddar cheese
- 1 head cauliflower
- 1/2 cup(s) organic heavy cream
- 2 ounce(s) organic cream cheese
- 4 ounce(s) gruyere cheese
- 1 tsp sea salt
- 1/2 tsp(s) paprika

Preparation

1. Preheat oven to 375 F. Grease an 8x8 baking dish.
2. Cut cauliflower into 1/2" to 1" pieces. Steam cauliflower for 4-5 minutes just until tender. Drain well and pat dry with paper towels.
3. In a small saucepan combine the heavy cream, cheeses, cream cheese, salt, and paprika. Heat over medium heat, whisking until smooth.
4. Add cauliflower to cheese mixture and toss to coat.
5. Pour into baking dish. Transfer to oven and bake 25-30 minutes until golden brown and bubbly.

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