

Cauliflower Bacon Cheese Bake

Makes 8 servings

Keto Friendly

1 large head cauliflower
2 Tbsp. Butter
1 cup heavy cream
2 oz. cream cheese
2 cups grated sharp cheddar
6 slices bacon, cooked and chopped
¼ cup chopped green onions, tops and bottoms
Salt & Pepper to taste

Optional: Minced jalapeno

Preheat oven to 350°.

In a large pot of boiling water, blanch cauliflower for 2 minutes.

In a medium pot, melt together butter, heavy cream, cream cheese, 1.5 cup shredded cheddar, salt, pepper and stir until creamy.

In a baking dish, add cauliflower, cheese sauce, 4 slices chopped bacon and 2/3 of the green onions. Stir.

Top with remaining cheddar, bacon and green onion. Bake until cheese is bubbly and golden and cauliflower is soft. About 30-minutes.

Nutrition facts per serving

Calories: 304 - Protein: 11.7 grams - Carbohydrate: 7.2 grams - Fat: 26.5 grams