

Keto Chicken Alfredo Casserole



Keto Chicken Alfredo Casserole is an easy, cheesy low carb meal packed full of chicken, cheese, and cauliflower. It's the perfect keto dinner solution for feeding the whole family.

Course	Main
Cuisine	American
Keyword	chicken alfredo, keto chicken alfredo casserole
Prep Time	15 minutes
Cook Time	40 minutes
Total Time	55 minutes
Servings	8
Calories	459kcal
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Ingredients

- 14 ounces Cauliflower florets cut into bite-size pieces
- 32 ounces Chicken breast
- 1 teaspoon [Onion powder](#)
- 1 teaspoon [Garlic powder](#)
- ½ teaspoon Salt
- ¼ teaspoon Pepper
- 1 tablespoon [Olive oil](#)
- 2 cups [Keto Alfredo Sauce](#)
- 12 ounces Shredded mozzarella cheese divided

Instructions

1. Steam the cauliflower. Place cut cauliflower in a microwave safe bowl with 1 cup of water. Cover with a damp paper towel and microwave on high for approximately 3-5 minutes or until the cauliflower is fork tender. Don't overcook!
2. Drain the cauliflower pat dry with a paper towel. Set aside.
3. Cut the chicken breast into 1-inch cubes and sprinkle with onion powder, garlic powder, salt, and pepper.
4. In a skillet over medium high heat add your olive oil and the cubed chicken. Cook for approximately 10 minute, or until chicken is cooked through. Set aside.
5. Preheat oven to 350 degrees F.
6. In a small pot heat the keto alfredo sauce over medium low heat. When it is hot add 3 ounces of mozzarella cheese to the sauce and stir until it is melted and the sauce is smooth.
7. Prepare a 13×9 inch casserole dish by spraying it with non-stick spray then spread ½ cup of keto alfredo sauce on the bottom.
8. Next add half of the cauliflower to the dish making a layer of it on the bottom.

9. Top with half of the cooked chicken. Let the chicken fill in the spaces between the cauliflower to fill the dish.
10. Pour $\frac{3}{4}$ cup of keto alfredo sauce over the cauliflower and chicken.
11. Sprinkle 4.5 ounces of mozzarella on top.
12. Repeat steps using the remaining cauliflower and chicken to make a layer, followed by the remaining keto alfredo sauce, and topped with the last of the mozzarella cheese.
13. Place in oven and bake for 30 minutes, or until the casserole is warmed through and the cheese is fully melted.

Nutrition

Calories: 459kcal | Carbohydrates: 6g | Protein: 18g | Fat: 41g | Saturated Fat: 25g | Cholesterol: 140mg | Sodium: 775mg | Potassium: 246mg | Fiber: 1g | Sugar: 2g | Vitamin A: 1444IU | Vitamin C: 25mg | Calcium: 479mg | Iron: 1mg