

Mac & Cheese

4 servings

20m prep time, 20m cook time

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1	6-8 cups 2 slices	Cauliflower Bacon, thick cut	Separate the Cauliflower into macaroni sized pieces. Dice the bacon. Using a skillet, sweat the bacon on low heat, then add the cauliflower and continue cooking until the bacon is cooked.
2	1/2 medium 2 cloves	Onion, diced Garlic, finely chopped	Add the onions and garlic, continue to cook until the onions are transparent.
3	2 tbsp 1 cup 1/4 cup	Butter Cheddar Cheese, shredded Heavy Whipping Cream Salt & Pepper	Combine the butter, cheese, and heavy cream in a saucepan. Cook on low heat until everything is melted together. Add salt & pepper to taste.
4		Pork Rinds, crushed	Place the cauliflower mixture into a 8x8 baking dish. Pour the cheese sauce over top of the mix. Top with crush pork rinds. Bake for 10 mins at 425° and then broil for 3-5 to crisp topping.

Nutrition Facts

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Amount per Serving

Calories (kcal)	315
Fat (g)	25.5
Carbohydrates (g)	7.5
Fiber (g)	2
Protein (g)	16.5

Re-produced from *The BEST Keto Cauliflower Mac And Cheese*¹

¹Matt Gaedke. *The BEST Keto Cauliflower Mac And Cheese*. July 2021. URL: <https://www.ketoconnect.net/cauliflower-mac-cheese/>.