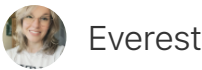


# Keto Cauliflower Mac and Cheese



This low-carb favorite combines roasted cauliflower florets with a velvety cheese sauce that’s rich, flavorful, and keto-approved. Whether you're meal prepping, cutting back on carbs, or want a hearty dish that won’t weigh you down, this recipe hits the spot.

PREP TIME

10 mins

COOK TIME

25 mins

TOTAL TIME

35 mins

SERVINGS

4 people

CALORIES

340 kcal

## INGREDIENTS

- 1 large head of cauliflower cut into bite-sized florets
- 2 tbsp butter unsalted
- 1 cup heavy cream
- 1 1/2 cups sharp cheddar cheese shredded
- 1/2 cup mozzarella cheese shredded
- 2 tbsp cream cheese
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1 pinch salt & pepper to taste
- 2 tbsp almond flour (optional topping)
- 1 tbsp chives or parsley (optional garnish)

## INSTRUCTIONS

1. **Preheat Oven:** Preheat your oven to 375°F (190°C). Lightly grease a baking dish.
2. **Blanch Cauliflower:** Bring a large pot of salted water to a boil. Add cauliflower and boil for

5–6 minutes, until just tender. Drain well and set aside.

3. **Make the Cheese Sauce:** In a large saucepan over medium heat, melt butter. Stir in the heavy cream, cream cheese, garlic powder, paprika, salt, and pepper. Whisk until smooth.
4. **Add the Cheeses:** Reduce heat to low and stir in the cheddar and mozzarella cheese. Mix until fully melted and silky.
5. **Combine Cauliflower & Sauce:** Gently fold in the drained cauliflower florets until coated evenly with the cheese sauce.
6. **Bake It:** Pour the mixture into your baking dish. If using almond flour, sprinkle it evenly on top for a crumbly texture. Bake for 15–18 minutes until bubbling and golden on top.
7. **Garnish & Serve:** Remove from the oven, garnish with chopped herbs, and dig in!

## NOTES

### Estimated Nutritional Facts (Per Serving)

- **Calories:** 340 kcal
- **Fat:** 28g
- **Saturated Fat:** 17g
- **Carbohydrates:** 7g
- **Net Carbs:** 5g
- **Fiber:** 2g
- **Protein:** 14g
- **Cholesterol:** 85mg
- **Sodium:** 420mg
- **Calcium:** ~300mg
- **Potassium:** ~500mg

These values may vary slightly depending on the specific brands of cheese, cream, and butter used.

