

# KETO CAULIFLOWER MAC AND CHEESE

yield: **6 SERVINGS**

prep time: **15 MINUTES**

cook time: **25 MINUTES**

total time: **40 MINUTES**

*This cheesy bacon & cauliflower side dish is the perfect recipe for when you're craving mac and cheese!*

## INGREDIENTS

### **For the Cauliflower:**

- 1 head cauliflower about 6 cups, chopped
- 4 slices bacon
- 2 cloves garlic, minced
- salt and pepper to taste

### **For the Cheese Sauce:**

- 2 tablespoons butter
- 1 cup sharp cheddar cheese, shredded
- 1/4 cup heavy cream
- 1 teaspoon spicy mustard

### **For the Topping:**

- 1/2 cup smoked Gouda cheese, shredded
- 1/2 cup pork rinds, crushed

## DIRECTIONS

- 1 Preheat oven to 425 degrees.
- 2 Cook 4 pieces of bacon on the stove in a skillet. Tip: Cook this in an ovenproof skillet like cast iron, so you can transfer to oven in the same dish.
- 3 Set aside bacon, and crumble into smaller pieces. Leave bacon drippings in the skillet.
- 4 Add cauliflower pieces and garlic to skillet and cook on medium heat. You'll want to stir and coat them with the bacon drippings. Cook for about 10-15 minutes until tender (yet still a little al dente). Season with salt & pepper to taste.

- 5 In a small saucepan on the stove on medium heat, melt butter, add cheddar cheese, cream, and mustard. Stir until it forms a creamy sauce.
- 6 Pour cheese mixture over the cauliflower and mix in. Also mix back in the bacon crumbles.
- 7 Top with shredded Gouda cheese and crushed pork rinds.
- 8 Place in the oven and cook for 10-12 minutes until cheese is bubbly and the top is golden brown.
- 9 Serve as a warm side dish.

## NUTRITIONAL INFORMATION

Yield: 6 servings, Serving Size: about 1 cup

*Amount Per Serving:* Calories: 261, Total Carbohydrates: 10g, Fiber: 4g, Net Carbohydrates: 6g, Total Fat: 20g, Protein: 14g

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