

Keto Jalapeño Popper Potato Salad

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 9.5 g, Fiber: 3.5 g, **Net carbs: 6 g**, Protein: 8.9 g,

Fat: 24.4 g, Calories: 273 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 2 lbs (900 g) cauliflower, cut into 1-inch (2 cm) cubes
- 4 ounces cream cheese (113 g)
- 1/2 cup [mayonnaise](#) (110 g/ 3.9 oz) - *you can [make your own](#)*
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 cup shredded Mexican blend cheese (56 g/ 2 oz)
- 1/4 cup pickled jalapeños, minced (50 g/ 1.8 oz)
- 3 green onions, minced (45 g/ 1.6 oz)
- 5 slices cooked bacon, crumbled (40 g/ 1.4 oz cooked weight, about 75 g/ 2.7 oz raw)
- 1 fresh jalapeño, thinly sliced (14 g/0.5 oz)

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Instructions

1. Preheat oven to 190 °C/ 375 °F (conventional), or 170 °C/ 340 °F (fan assisted) and line a baking sheet with parchment. Arrange the bacon in a single layer and cook 15-20 minutes until crisp. Transfer to a paper towel lined plate.
2. Clean the baking sheet and cover with a new piece of parchment. Arrange the cauliflower in a single layer and cook 20-25 minutes until tender. Let cool.
3. In a large bowl stir together the cream cheese, mayonnaise, garlic powder, salt, shredded cheese, pickled jalapeños, green onions, bacon, and fresh jalapeños.
4. Add in the cooled cauliflower and toss to combine.
5. Chill until ready to serve. Leftovers can be stored in the fridge for up to 4 days.

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