

Low-Carb Loaded "Potato" Casserole

Hands-on 25 minutes Overall 1 hour 15 minutes

Nutritional values (per serving): Total carbs: 11.3 g, Fiber: 3 g, **Net carbs: 8.3 g**,

Protein: 11.5 g, Fat: 28 g, Calories: 334 kcal,

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



Ingredients (makes 6 side servings)

“Potato” mash:

- 3 tbsp butter *or ghee* (43 g/ 1.5 oz)
- 1 large swede (rutabaga), peeled and roughly chopped (450 g/ 1 lb)
- 1 small cauliflower head, cut into florets (350 g/ 12.4 oz)
- 1/2 tsp sea salt
- 3/4 cup grated cheddar cheese (85 g/ 3 oz)
- 2 tbsp butter (28 g/ 1 oz)
- 1/2 cup sour cream (115 g/ 4 oz)
- 1/2 cup unsweetened almond milk *or any seeds milk* (120 ml/ 4 fl oz)
- black pepper to taste

Topping:

- 1/2 cup grated cheddar cheese (60 g/ 2.1 oz)
- 5 large slices bacon (150 g/ 5.3 oz)
- 1 green onion (green part only), sliced *or chives* (15 g/ 0.5 oz)

Instructions

1. Preheat oven to 190 °C/ 375 °F (conventional), or 170 °C/ 340 °F (fan assisted). Line a baking tray with greaseproof paper and arrange the bacon rashers so that they don't overlap.
2. Bake 10-15 minutes until golden brown. Allow to cool and then cut or crumble into smaller pieces. Reduce oven heat to 180 °C/ 355 °F.
3. To make the mash, heat a large fry pan over medium heat and add the butter. Once melted, add the swede, cauliflower, and cook, stirring for 5 minutes.
4. Then lower heat and cook, covered, 18-20 minutes or until the vegetables are soft, stirring occasionally.
5. Allow to cool slightly, then add to a food processor with butter, sour cream and almond milk and process until smooth and creamy.
6. Add salt and pepper to taste, then add the grated cheese and either pulse until just combined, or stir it through.
7. Add the mash to an oven proof dish. Top with the bacon, grated cheese and green onion. Cover with foil and bake 25 minutes, then remove the foil and bake a further 5-10 minutes or until the cheese has melted.
8. Serve immediately. Best enjoyed on the day made, however you can store covered in the fridge up to three days. Reheat before eating.

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