

Low-Carb "Potato" Gratin

Hands-on 30 minutes Overall 2 hours 30 minutes

Nutritional values (per serving): Total carbs: 13.5 g, Fiber: 3.1 g, **Net carbs: 10.4 g**,

Protein: 13.6 g, Fat: 37.7 g, Calories: 446 kcal,

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



Ingredients (makes 8 servings)

- 1 kg rutabaga, about 2 large pieces (2.2 lb)
- 3 tbsp ghee or lard (45 g/ 1.6 oz)
- 1 small white onion (70 g/ 2.5 oz)
- 8 large slices bacon (240 g/ 8.5 oz)
- 1-2 tbsp freshly chopped thyme or 1-2 tsp dried thyme
- 1 cup heavy whipping cream (240 ml / 8 fl oz)
- 3 cups chicken stock, vegetable stock or bone broth (720 ml/ 24 fl oz)
- 1 cup grated cheddar cheese (110 g/ 4 oz)
- 1 tsp salt or more to taste (I like pink Himalayan)
- freshly ground black pepper

Topping:

- 1/2 cup creme fraiche or sour cream (120 g/ 4.2 oz)
- 1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

Instructions

- Preheat the oven to 160 °C/ 320 °F. Peel and slice the onion and place in a hot pan greased with ghee. Cook over a medium heat until fragrant for about 5 minutes while stirring.
- Slice the bacon and add to the pan with the onion. Add thyme and cook until the bacon is lightly browned from all sides. Take off the heat and set aside.
- Meanwhile, peel and halve the rutabaga. Cut thinly, into about 1/4 cm (1/8 inch) slices. *Tip: if you want to reduce the baking time, to just about 45 minutes, pre-cook the rutabaga. Place in a pot filled with water and cook for about 10 minutes. Then, drain and use as described in the following steps.*
- There will be three layers of rutabaga. Place the first layer of slices into a large baking dish greased with some ghee. Top with half of the bacon and onion mixture ...
- ... and half of the grated cheddar cheese. Top with another layer of rutabaga slices, bacon, onion and grated cheddar. Finally, top with the last layer of rutabaga slices. In a bowl, combine the cream, chicken stock, salt and pepper.
- Pour into the baking dish over the rutabaga until almost covered. If needed, add some more chicken stock. Season with more salt and pepper to taste. You can use one large baking dish or a single-serving baking dish like [this one from Le Creuset](#).
- Cover with aluminum foil and transfer into the oven over a baking dish to collect any juices dripping from the aluminum cover. Bake covered for an hour. After an hour, the rutabaga will get softer. Remove the aluminum foil and press the rutabaga down with a spatula to submerge it into the cream mixture and prevent it from drying. Bake for another 45-60 minutes or until the rutabaga gets tender, pressing it down with a spatula every 15 minutes. When done, remove from the oven and set aside. Turn the oven up to 200 °C/ 400 °F.
- Spread the creme fraiche and grated parmesan cheese on top.
- Place back in the oven for another 20-30 minutes or until the cheese is melted and the top is crispy and golden brown. *I baked mine a day ahead, let it chill and stored in the fridge to set. Then I made the final browning just before serving. This way if wasn't burning hot, was perfectly set and ready to be served straight from the oven.* Serve as a side with meat or fish, or as a light lunch - by itself with some crispy greens. It tastes great both hot and cold. Enjoy!

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