

Meals & Cooking > Nutrition

Best-Ever Keto Mac & Cheese

by [LENA ABRAHAM](#) UPDATED: FEB 13, 2022**YIELDS:**

8 serving(s)

PREP TIME:

20 mins

TOTAL TIME:

1 hr 20 mins

CAL/SERV:

665

Ingredients

Directions

[SAVE TO MY RECIPES](#)

FOR THE MAC & CHEESE

Butter, for baking dish

2 medium heads cauliflower, cut into florets

2 **tbsp.** extra-virgin olive oil

Kosher salt

1 **c.** heavy cream6 **oz.** cream cheese, cut into cubes4 **c.** shredded cheddar2 **c.** shredded mozzarella1 **tbsp.** hot sauce (optional)

Freshly ground black pepper

FOR THE TOPPING

4 **oz.** pork rinds, crushed1/4 **c.** freshly grated Parmesan1 **tbsp.** extra-virgin olive oil2 **tbsp.** freshly chopped parsley, for garnish

Step 1

Preheat oven to 375° and butter a 9"-x-13" baking dish. In a large bowl, toss cauliflower with 2 tablespoons oil and season with salt. Spread cauliflower onto two large baking sheets and roast until tender and lightly golden, about 40 minutes.

Step 2

Meanwhile, in a large pot over medium heat, heat cream. Bring up to a simmer, then decrease heat to low and stir in cheeses until melted. Remove from heat, add hot sauce if using and season with salt and pepper, then fold in roasted cauliflower. Taste and season more if needed.

Step 3

Transfer mixture to prepared baking dish. In a medium bowl stir to combine pork rinds, Parmesan, and oil. Sprinkle mixture in an even layer over cauliflower and cheese.

Step 4

Bake until golden, 15 minutes. If desired, turn oven to broil to toast topping further, about 2 minutes.

Step 5

Garnish with parsley before serving.

Nutrition (per serving): 665 calories, 34 g protein, 12 g carbohydrates, 3 g fiber, 5 g sugar, 55 g fat, 29 g saturated fat, 1,151 mg sodium