

Hühnchen Parmesan Auflauf

- <https://curbingcarbs.com/keto-chicken-parmesan-casserole/>
 - keto_chicken_parmesan_casserole_-_curbing_carbs.pdf
- yield: 8 SERVINGS prep
- time: 5 MINUTES cook
- time: 40 MINUTES
- total time: 45 MINUTES

This Keto Chicken Parmesan is so cheesy and delicious. An easy low carb dinner idea!



Zutaten

- 3 large chicken breasts, (or 3 cups precooked chicken)
- salt and pepper, to taste

- 1 cup shredded mozzarella
- 1/4 cup grated parmesan
- 1 cup marinara sauce
- 1/2 teaspoon garlic powder
- 1 tablespoon basil
- 1/2 teaspoon red pepper flakes

CHEESE TOPPING INGREDIENTS

- 1/4 cup grated parmesan
- 1/4 cup shredded mozzarella

Zubereitung

1. Preheat oven to 350 degrees.
2. Season the chicken breast lightly with salt and pepper, and then bake for 20 - 25 minutes (until no longer pink in the center).
3. Once the chicken is done cooking, allow it to cool for 5 minutes. Cut the chicken into large chunks. Add the chicken to a mixing bowl.
4. Add all of the remaining ingredients to the bowl with the chicken, with the exception of the cheese topping ingredients. Mix everything together.
5. Spread the mixture into a 9x13 casserole dish, and then spread the cheese topping over the top evenly.
6. Bake the casserole loosely covered with foil for 20 minutes at 350 degrees. Allow it to cool for 5 minutes after baking, and enjoy!

Nährwerte

Keto Chicken Parmesan Casserole

	Kalorien	Kohlenhydrate	Eiweiß	Fett
200g Chicken	208	0	46	2.4
70g Gouda Käse	278	0	17.5	22.8
30g Parmesan	121	0	9.6	9.0
200g Tomaten	46	6.0	2.4	1.0
1 Knobzeile	4	0.9	0.2	<0.1
1 EL TK Basilikum	2	0.3	0.2	<0.1
300g Zucchin	72	3.1	6.4	0.9
	731	14.3	82.3	36.3

- YIELD: 8
- SERVING SIZE: 1

Amount Per Serving:

- CALORIES: 159TOTAL
- FAT: 7g
 - SATURATED FAT: 3g
 - TRANS FAT: 0g
 - UNSATURATED FAT: 3g

- CHOLESTEROL: 53mg
- SODIUM: 382mg
- CARBOHYDRATES: 5g
 - NET CARBOHYDRATES: 4g
 - FIBER: 1g
 - SUGAR: 2g
- PROTEIN: 19g

lowcarb, keto, todo

From:

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