

# Keto Chicken Alfredo Bake

## Ingredients:

### *For the Sauce:*

2 Cups Heavy Cream  
2 TBSP Butter  
1 Cup Parmesan Cheese, shredded  
1 tsp Garlic Powder  
1 tsp Italian Seasoning  
1/2 tsp Pepper  
Salt to taste

### *For the Chicken:*

5 Cups Chicken  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1 tsp Paprika  
1 tsp Italian Seasoning  
1/4 tsp Pepper  
Salt to taste

### *Remaining Ingredients:*

5 Cups Frozen Broccoli  
2 Cups Alfredo Sauce  
1 Cup Mozzarella  
1 Cup Parmesan  
2/3 Cup Crushed Pork Rinds

## Instructions:

Prepare the chicken by cutting it into cube size pieces. Heat a pan on medium heat and add in 1 TBSP oil and place in chicken cubes once hot and season with garlic powder, onion powder, paprika, italian seasoning, salt and pepper. Cook until done. Set aside into a large mixing bowl.



If you are using a frozen bag of broccoli microwave for ....

Add Broccoli, 1/2 cup Mozzarella, 1/2 cup Parmesan into a bowl with chicken and mix until combined.

In a 13x9 pan add in the chicken and broccoli mixture

Pour the alfredo sauce on top of the mixture in the pan just enough to cover the top.

Add remaining parmesan and mozzarella cheese on top

Add layer of crushed pork rinds on top

bake at 350 for 35 minutes

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Servings: 8

Macros Per Serving:

Net Carbs: 3 Fiber:2 Total Carbs: 5 Protein:44 Fat: 32 Calories: 517

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