

Keto Chicken Bacon Ranch Casserole

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-bacon-ranch-casserole-recipes>

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup diced onion
- 5 ounces fresh spinach chopped fine
- 1 1/2 cups cooked chicken breast or thighs cubed
- 8 ounces bacon cooked and chopped
- 8 ounces cream cheese softened
- 2/3 cup ranch dressing Keto
- 1/4 teaspoon cayenne pepper
- 1 cup mozzarella cheese
- 1 cup sharp cheddar cheese
- ranch dressing
- parsley

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 165 milligrams
4. Fat: 84 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 33 grams
8. Sodium: 1360 milligrams
9. Sugar: 4 grams

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