

Paleo Pumpkin Cream Chicken Casserole

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-cauliflower-recipe-nutmeg>

Ingredients:

- 1 1/2 pounds chicken breasts chopped into 1 inch cubes
- 1 spaghetti squash medium sized, I don't weigh that sh*t, cooked and shredded
- 1 head cauliflower chopped
- 1 can pumpkin puree
- 1/2 can coconut milk canned
- 3 garlic cloves minced
- 1/2 yellow onion diced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- salt
- pepper

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 110 milligrams
4. Fat: 27 grams
5. Fiber: 5 grams
6. Protein: 44 grams
7. SaturatedFat: 13 grams
8. Sodium: 500 milligrams
9. Sugar: 5 grams

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