

Low-Carb Italian Beef Bake

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/low-carb-italian-recipe>

Ingredients:

- 20 ounces cauliflower rice I used Birdseye Savory Herb Frozen Cauliflower Rice
- 15 ounces whole milk ricotta cheese
- 1 tablespoon Italian seasoning blend, plus more to sprinkle on top
- 1 cup grated Parmesan cheese freshly, divided
- sea salt
- fresh ground black pepper
- 1 1/4 pounds beef Certified Angus, ® brand ground beef
- 1 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper flakes
- 15 ounces tomato sauce no sugar added
- 2 cups mozzarella cheese whole milk, shredded

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 145 milligrams
4. Fat: 38 grams
5. Fiber: 4 grams
6. Protein: 43 grams
7. SaturatedFat: 20 grams
8. Sodium: 1060 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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