

# Keto-Friendly Italian Ground Beef Casserole

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-ground-beef-casserole>

## Ingredients:

- 1 pound cauliflower chopped
- 1 pound ground beef
- 4 ounces white onion diced
- 2 cloves garlic crushed
- 15 ounces tomato sauce
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/8 teaspoon red pepper flakes
- 1 teaspoon sea salt or to taste
- 1/4 teaspoon black pepper freshly ground
- 1 1/2 cups cheddar cheese finely shredded, quantity divided

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 125 milligrams
4. Fat: 34 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 17 grams
8. Sodium: 1400 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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