

Low Carb Keto Ground Beef Casserole

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/low-carb-ground-beef-recipes>

Ingredients:

- 1 pound ground beef
- 1 teaspoon fennel seed
- 1/2 teaspoon seasoning Italian spice
- 1 teaspoon paprika
- 1/2 cup Parmesan cheese grated
- 1/4 cup cream cheese 2 oz
- 1/2 cup heavy cream
- 1 egg beaten
- 1 cup marinara sauce I used Specialty Selects
- 1 cup mozzarella cheese shredded

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 225 milligrams
4. Fat: 48 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 25 grams
8. Sodium: 790 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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