

# Keto Chicken Parmesan Casserole

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pig-skin-recipe>

## Ingredients:

- 5 cups cooked chicken cubed
- 1 cup marinara sauce no-sugar-added
- 1/2 teaspoon red pepper flakes
- 1 ounce Parmesan cheese grated, about 1 cup
- 1 1/2 cups shredded mozzarella cheese about 6 ounces
- 1 ounce pork rinds crushed
- 1/2 teaspoon dried basil crushed

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 130 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 40 grams
7. SaturatedFat: 9 grams
8. Sodium: 520 milligrams
9. Sugar: 4 grams

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