

Creamy Chicken Casserole (Low Carb)

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-creamy-chicken-casserole-recipe>

Ingredients:

- 1 tablespoon unsalted butter
- 1 small onion diced
- 2 stalks celery diced
- 1 medium carrot diced
- 3 cloves garlic minced
- 2 cups chicken stock
- 1 teaspoon fresh thyme minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 ounces cream cheese at room temperature
- 3 cups chicken cooked chopped, leftover chicken or rotisserie chicken work great
- 1 2/3 cups mashed cauliflower
- 4 ounces shredded white cheddar cheese

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 110 milligrams
4. Fat: 16 grams
5. Protein: 27 grams
6. SaturatedFat: 8 grams
7. Sodium: 400 milligrams
8. Sugar: 3 grams

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