



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Cheesy Tuna Casserole

7g NET Carbs (Low Carb Keto)

Absolutely delicious! An Amazing creamy texture with a great taste of spices, broccoli and Tuna. It's a recipe worth trying. Enjoy!



**7g
Carbs**

NUTRITION

Yields 4 servings

Per Serving: Calories: 632kcal | Carbohydrates: 9g | Protein: 34g | Fat: 51g | Fiber: 2g | Sugar: 1g | Net Carbs: 7g

INGREDIENTS

- 1 cup pure cream (heavy whipping cream)
- ¼ cup parmesan cheese, grated
- ¾ stick of butter cubed.
- 100 g *cream cheese cubed*
- ½ tsp *garlic powder*
- 400 g broccoli florets (14 oz)
- 1-2 pinches *cayenne pepper*
- salt & pepper
- 425 g or 3 170g of tin tuna
- ¾ cup cheddar cheese, grated. I used old cheddar and TexMex.

Instructions:

1. Add Heavy Whipping Cream and butter to Pan and bring to a slight boil. Add butter and when melted add Cream Cheese and Melt Cream Cheese.
2. Add Parmesan Cheese and Spices. Stir until sauce thickens.
3. Boil Broccoli until tender but do not overcook, it will finish cooking in the oven.
5. Add layer of Broccoli to a 8"x13' Dish. The Add Tuna to the top of the Broccoli.
6. Add cheesy sauce over the Broccoli.
7. Add your cheesy to the top of the broccoli.
8. Bake for 15-20mins or until your cheesy is golden brown.
9. Cut into 4 sections and serve. Enjoy!