

# Yummy Keto Cordon Bleu Casserole

From Kuntry Keto

## Ingredients:

2 Medium Grilled (or baked) Chicken Breast  
shredded.

8 oz Deli Ham chopped (*I used Sara Lee Black Forrest butcher sliced*)

1/3 cup Heavy Whipping Cream

1/2 cup Sour Cream

2 tbsp of Mayo (*I used home made Keto Mayo*)

1/2 tbsp of mustard

2 cloves minced Garlic

2 cups grated Swiss Cheese

1/4 cup Pork Rinds (*Grounded to dust like form*)

2 Green Onions chopped (*optional, I used just for color. I like to make food pretty*)

1. Preheat oven 450°

2. In a bowl mix together heavy whipping cream, sour cream, mayo, mustard, garlic, and Swiss cheese.

3. Incorporate the shredded cooked chicken and ham. Mix thoroughly.

4. Pour into baking dish. Salt and pepper to taste.

5. Sprinkle with crushed pork rinds

6. Bake for 10 to 15 minutes making sure cheese is melted.

7. Garnish with green onion.

Recipe makes 8 1/2 cup servings

Macros for 1 serving ( 1/2 cup)

2 g Net Carbs 23 g Protein

18 g Fat 274 Calories

**\*\*Remember Macros can change depending on the ingredients you use. The macros posted are strictly based on the ingredients I used creating recipe.**