

# 5 Minute Keto Herb Cheese Sauce

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving, about 1/4 cup/ 60 ml):** Total carbs: 1.4 g, Fiber: 0.1 g,

**Net carbs: 1.4 g,** Protein: 4.7 g, Fat: 20.4 g, Calories: 200 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes makes about 1 cup/ 240 ml)

- 2 tbsp unsalted butter (28 g/ 1 oz)
- 1/4 cup heavy whipping cream (60 ml/ 2 fl oz)
- 1/4 cup cream cheese *or* soft goat's cheese (60 g/ 2.1 oz)
- 1/2 cup grated cheddar *or* hard goat's cheese (57 g/ 2 oz)
- pinch of sea salt
- 1 tbsp chopped chives
- 1 tbsp chopped parsley
- 1 - 2 tbsp water or more cream if you want to thin down

## Instructions

1. Add the butter and cream to a small sauce pan and gently heat on medium.
2. Once heated, add the cream cheese (or soft goat's cheese). Stir with a hand whisk until melted and bring to a simmer. If the cheese starts spattering, reduce the heat. Once you see bubbles, remove from the heat.
3. Add the grated cheddar cheese (or any hard cheese such as goat's cheese) and mix until smooth and creamy. If you prefer a thicker sauce, cook for 3-5 minutes more minutes while stirring. If too thick, add a bit of water or more cream.
4. Add a pinch of salt and the herbs. Whisk until combined.
5. Serve with fish, meat, steamed or roasted vegetables or with a keto friendly pasta alternative like hemp pasta, shirataki or zucchini noodles.
6. The sauce should be eaten immediately or kept at room temperature before serving. Once refrigerated and reheated, the butter separates and the cheese clumps which you want to avoid. If you really have to hereat the sauce, use low heat. It's best to make a smaller portion by simply dividing the ingredients if making for less than 4 serves.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)