

The Best Keto Cheese Sauce

Hands-on 5-10 minutes Overall 5-10 minutes

Nutritional values (per serving, about 1/4 cup/ 60 ml): Total carbs: 1.4 g, Fiber: 0 g,

Net carbs: 1.3 g, Protein: 4.8 g, Fat: 20.7 g, Calories: 203 kcal,

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



Ingredients (makes about 1 cup, 4 servings)

- 1/4 cup heavy whipping cream (60 ml/ 2 fl oz)
- 2 tbsp unsalted butter (28 g/ 1 oz)
- 1/4 cup cream cheese *or* soft goat cheese (60 g/ 2.1 oz)
- 1/2 cup grated cheddar *or* hard cheese of choice (60 g/ 2.1 oz)
- pinch of sea salt, if needed
- 2 tbsp water *or* more cream if you need to thin it down

Instructions

1. Place the cream and butter into a small sauce pan and gently heat up. Add the grated cheddar cheese (or any hard cheese of choice) and cream cheese.
2. Stir until melted and bring to a simmer. Once you see bubbles, take off the heat.
3. Mix until smooth and creamy. If you prefer a thicker sauce, cook for 3-5 more minutes while stirring. If too thick, add a splash of water or cream.
4. Serve over steamed vegetables, fish and meat.
5. If you can't use the whole recipe, only make one serving. The sauce should be eaten immediately or kept at room temperature before serving. If you do need to refrigerate and then heat it up, make sure to heat up gently over a low heat while stirring to prevent the butter from separating and the cheese sauce from clumping up.

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