

# Keto Fettuccine Alfredo

Hands-on 35 minutes Overall 45 minutes

**Nutritional values (per serving):** Total carbs: 8.4 g, Fiber: 1.8 g, **Net carbs: 6.5 g,**

Protein: 46.2 g, Fat: 45.6 g, Calories: 635 kcal,

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



## Ingredients (makes 6 servings)

### Crepe fettuccine:

1 cup ricotta cheese (240 g/ 8.5 oz)

8 large eggs

pinch salt

butter or [ghee](#) for greasing

### Chicken & broccoli:

600 g chicken breasts, sliced, skinless and boneless (1.3 lb)

1 medium broccoli, cut into florets (400 g/ 14.1 oz)

1 tbsp [ghee](#)

pinch salt (I like [pink Himalayan](#))

### Alfredo sauce:

1/4 cup butter (58 g/ 2 oz)

1 cup heavy whipping cream (240 ml/ 8 fl oz)

2 cloves garlic, minced

1 1/2 cups grated Parmesan cheese (135 g/ 4.8 oz)

1/4 tsp white or black pepper

1 tsp dried Italian herbs

pinch salt

## Instructions

1. **Prepare the crepes.** Add the ricotta, eggs, and salt into a blender. Process until smooth. Set aside.
2. Heat a lightly buttered crepe or nonstick sauté pan over medium-low heat.
3. Depending on the size of the pan, add just short of 1/4 cup (60 mL) of batter to the pan and spread it evenly. If necessary, pick up the pan and deliberately tilt it in a variety of directions, directing the flow of the batter around the base of the pan until it completely covers the base of the pan, like a very thin pancake. Once the edges start

to brown and curl, loosen the crepe with a spatula and flip it to brown the other side. Repeat this process, placing each completed crepe on a paper towel.

4. Stack the crepes into little stacks of 4 or 5; then roll them into fairly tight little logs. Slice each crepe every 1/2 inch (1 cm) for something approximating a fettuccine noodle. You could double that for something like a pappardelle, or go much thinner for a linguini or even an angel hair. Once cut, pick the noodles up and “fluff” them, so that they are a nice little pile of noodles. Set aside.
5. **Meanwhile, cook the chicken.** Slice it into thin strips and season with salt. Grease a large pan with a tablespoon of ghee and heat over a medium-high heat. Once hot, add the sliced chicken in a single layer and cook until opaque and lightly browned from all sides. Steam the broccoli or boil in hot salted water briefly for 3-5 minutes, until crisp-tender (I used a microwave and cooked it for 3 minutes).
6. Work in batches if needed - do not overfill the pan. Once cooked, transfer into a bowl and set aside. Place the butter in the pan where you cooked the chicken and add minced garlic. Cook until fragrant and pour in the cream.
7. Add the pepper, salt, Italian herbs and stir until combined.
8. Add grated Parmesan cheese and mix until creamy.
9. Add the steamed broccoli florets, cooked chicken and cook for 30-60 seconds just to heat through. Take off the heat and set aside.
10. Serve with the sliced crepe fettuccine. To store, let it cool down and keep refrigerated for up to 3 days (meat with broccoli separately from the crepe fettuccine).

You can win a copy of [Taking Out The Carbage AKA the Big Book of Bacon](#). Just follow the instructions below and wait for the one lucky winner to be picked in a few days! :-)

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