

Healthy Zero-Carb Noodle Alfredo

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 5.6 g, Fiber: 1.5 g, **Net carbs: 4.1 g,**

Protein: 16 g, Fat: 42.3 g, Calories: 455 kcal,

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



Ingredients (makes 6 servings)

- 1 cup heavy whipping cream (240 ml/ 8 fl oz)
- 100 g unsalted butter (3.5 oz)
- 1/4 cup full-fat cream cheese (60 g/ 2.1 oz)
- 1 clove garlic, minced
- 1 1/2 cups grated Parmesan cheese or other Italian hard cheese (135 g/ 4.8 oz)
- 2 tbsp freshly chopped parsley, or to taste
- 3 packs zero-carb, [shirataki noodles](#) (600 g/ 1.3 lb)
- 6 large eggs
- Optional:* salt and pepper, to taste

Instructions

1. Place cream, butter, cream cheese and minced garlic in a saucepan and heat on medium until they are all melted and combined.
2. Add the parmesan and parsley and stir until melted.
3. While the sauce is heating through, drain your shirataki and rinse well. For best results, [prepare the shirataki noodles by following these instructions](#) (you can skip the pan-roasting and simply rinse and boil them).
4. To poach the eggs, place a pot of water on the stove and heat until simmering. Crack your egg into a measuring cup and then slide it into the water. Cook for three minutes. Repeat for the remaining eggs (do not cook more than 2-3 in one saucepan at the same time).
5. While your eggs are poaching, stir the cheese sauce through your noodles and serve into bowls. Season with salt if desired.
6. Place a poached egg on top of each bowl and optionally season with pepper. Pop the yolk and dig in!
7. Store the noodles covered in cheese sauce in a covered container in the refrigerator for up to four days. Poached eggs should be kept

separately from the noodles. Once the eggs are cool, place all the eggs in an airtight container filled with cold water and keep refrigerated for up to 5 days. To reheat the eggs, place them in a mug filled with hot tap water for a couple of minutes. This will be enough to warm them up without overcooking.

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