

Low-Carb Zucchini Noodle Alfredo

Hands-on 20 minutes Overall 20 minutes

Nutritional values (about 2/3 cup sauce + zoodles): Total carbs: 8.9 g, Fiber: 1.6 g,

Net carbs: 7.3 g, Protein: 15.5 g, Fat: 73.2 g, Calories: 742 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8 servings)

1.2 kg (2.65 lb) zucchini, spiralised - use 1 small 150 g (5.3 oz)

zucchini per serving

4 tbsp extra virgin olive oil (1 tbsp for every 2 zucchini/ servings)

Keto Alfredo Sauce:

2 cloves garlic, minced

3/4 cup unsalted butter (170 g/ 6 oz)

1 1/2 pints heavy cream (700 ml)

6 ounces cream cheese (170 g)

6 ounces Parmesan cheese (170 g)

3/4 cup grated cheddar cheese (85 g/ 3 oz)

1 tsp chopped oregano

1 tbsp chopped basil

salt and pepper to taste

about 1 or 2 minutes, until just softened. Do not overcook the zoodles or they will become watery and mushy.

- Place the zoodles in a large serving dish and toss with the Alfredo sauce. Finish off with some grated parmesan, a sprinkle of black pepper and some fresh basil. Serve immediately, or let the sauce cool down, cover and refrigerate for up to 5 days. Serve with freshly prepared zucchini noodles.

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Instructions

- Prepare the zucchini noodles using a spiraliser.
- Place the spiralised zucchini into a colander over the sink. Sprinkle with salt and leave to drain.
- Add the butter to a pan and melt. Add the garlic and cook gently until soft. Add the cream and bring to a simmer.
- Add the cream cheese and quarter of the shredded cheeses and stir well until the cheese has completely melted.
- Keep adding the shredded cheese in batches until it is all melted and you have a smooth, creamy sauce. It will seem like the cheese will never melt. Don't get panicked and turn up the heat, just keep up the stirring and I promise it will happen.
- Add the herbs and mix through. Take sauce off the heat to sit and thicken slightly. Stir every now and then to stop a skin forming.
- Pat the zoodles dry with a paper towel. Pour your olive oil into a frypan and heat. Toss zoodles in the oil and sauté very quickly,