

Low-Carb Alfredo Sauce

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving, about 1/4 cup/ 60 ml): Total carbs: 1.7 g, Fiber: 0 g,

Net carbs: 1.7 g, Protein: 5.7 g, Fat: 28.9 g, Calories: 290 kcal,

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



Ingredients (makes 6 servings)

- 1/3 cup butter (75 g/ 2.7 oz)
- 1 cup heavy cream (240 ml/ 8 fl oz)
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp freshly ground pepper
- 3/4 cup + 2 tbsp grated Parmesan cheese (80 g/ 2.8 oz)

Instructions

1. Finely grate the Parmesan cheese.
2. Add the butter and cream to a large saucepan over low heat.
Simmer, stirring, for 3 minutes.
3. Whisk in the garlic, salt, and pepper, and then the grated Parmesan cheese.
4. Cook until melted and the sauce has thickened slightly.
5. Allow to sit 2-3 minutes before serving to allow sauce to thicken further.
6. Enjoy over zoodles, grilled meat, fish and cooked vegetables.
7. The sauce is best enjoyed fresh but can be stored in the fridge for up to 5 days. To serve, reheat over a low heat, whisking to combine and avoid separation.

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