

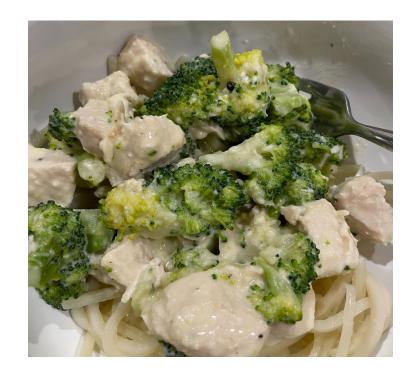
Homemade Alfredo Sauce

This is one of our FAVORITE keto dinner recipes. This Homemade Alfredo Sauce is rich, creamy and is so flavorful. We used Palmini Linguine for our noodles, but you can use any low carb or keto substitute.

Recipe:

Cup Heavy Cream
Cup Butter
oz Cream Cheese
Cup Parmesan Cheese
Cup Mozzarella
tsp Garlic Powder
Pinch of Salt
Black Pepper to taste

Optional: Cooked chicken breast Steamed Broccoli Florets



Combine ingredients for sauce and cook over low heat. Add in Chicken and Broccoli florets and serve sauce over pasta or Riced Cauliflower.

Serving Size: We use it in our Chicken Alfredo Casserole. Macros are just for the alfredo sauce. Serving size for that is 5

Macros: Calories: 341, Fat: 32, Carbs: 3g, Fiber: 0g, Protein: 11g

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