



# 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:

1 Cup Heavy Cream  
1/4 Cup Butter  
1 oz Cream Cheese  
3/4 Cup Parmesan Cheese  
1/4 Cup Mozzarella  
1 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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