

Alfredo Sauce



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



654 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 egg yolk
- ☐ 1 pinch ground nutmeg
- ☐ 8 fluid ounces heavy whipping cream
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 cup romano cheese grated
- ☐ 2 servings salt to taste

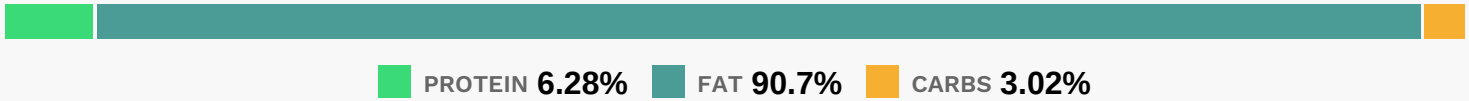
Equipment

☐ sauce pan

Directions

- ☐ Melt butter or margarine in a saucepan over medium heat.
- ☐ Add heavy cream, stirring constantly. Stir in salt, nutmeg, grated Parmesan cheese, and grated Romano cheese. Stir constantly until melted, then mix in egg yolk. Simmer over medium low heat for 3 to 5 minutes.
- ☐ Garnish with additional grated Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:9.7952172820983%

Nutrients (% of daily need)

Calories: 653.75kcal (32.69%), Fat: 67.06g (103.18%), Saturated Fat: 41.9g (261.89%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.75g (4.17%), Cholesterol: 293.36mg (97.79%), Sodium: 602.66mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.91%), Vitamin A: 2488.92IU (49.78%), Calcium: 272.95mg (27.3%), Phosphorus: 236.51mg (23.65%), Vitamin B2: 0.34mg (20.05%), Selenium: 12.37µg (17.67%), Vitamin D: 2.47µg (16.44%), Vitamin E: 1.86mg (12.41%), Vitamin B12: 0.61µg (10.13%), Zinc: 1.06mg (7.07%), Vitamin B5: 0.66mg (6.63%), Vitamin K: 5.68µg (5.41%), Folate: 20.06µg (5.01%), Vitamin B6: 0.09mg (4.45%), Potassium: 148.96mg (4.26%), Magnesium: 16.94mg (4.24%), Vitamin B1: 0.05mg (3.22%), Iron: 0.5mg (2.8%), Copper: 0.03mg (1.55%), Manganese: 0.03mg (1.39%)