



Buttery Alfredo Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



758 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 2 ounces fontina shredded
- ☐ 1.5 tablespoons garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 4 cups heavy cream
- ☐ 8 ounces freshly parmesan cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted
- ☐ 0.3 cup milk whole

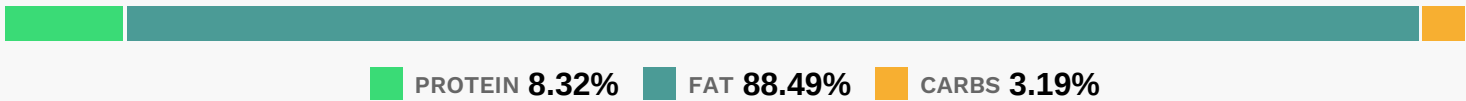
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Melt the butter in a large pot over medium heat. Stir in the garlic and flour, and cook and stir until the garlic is fragrant but not browned, about 1 minute.
- ☐ Whisk in heavy cream and milk, whisking constantly until the mixture is hot and slightly thickened, about 10 minutes. Gradually stir in the Parmesan cheese and fontina cheese. Season with salt and black pepper. Continue to simmer until the cheese has melted and the sauce is thickened, stirring often, 20 to 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:11.651304212601%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 757.6kcal (37.88%), Fat: 75.77g (116.57%), Saturated Fat: 48.11g (300.67%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 6.03g (2.19%), Sugar: 4.21g (4.68%), Cholesterol: 223.89mg (74.63%), Sodium: 694.67mg (30.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.08%), Vitamin A: 2758.36IU (55.17%), Calcium: 473.42mg (47.34%), Phosphorus: 308.5mg (30.85%), Vitamin B2: 0.36mg (21.13%), Vitamin D: 2.6µg (17.32%), Selenium: 11.95µg (17.07%), Vitamin B12: 0.74µg (12.32%), Vitamin E: 1.84mg (12.29%), Zinc: 1.4mg (9.32%), Vitamin K: 6.92µg (6.59%), Magnesium: 24.29mg (6.07%), Vitamin B5: 0.54mg (5.38%), Vitamin B6: 0.1mg (4.93%), Potassium: 172.29mg (4.92%), Manganese: 0.07mg (3.65%), Vitamin B1: 0.05mg (3.51%), Iron: 0.47mg (2.6%), Folate: 9.82µg (2.46%), Copper: 0.04mg (1.89%), Vitamin C: 1.18mg (1.43%), Vitamin B3: 0.25mg (1.26%)