



Cream Cheese Alfredo Sauce



Gluten Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



437 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cream cheese
- ☐ 1 tablespoon basil leaves fresh minced
- ☐ 1 clove garlic crushed
- ☐ 6 servings ground pepper white to taste
- ☐ 1.5 cups milk
- ☐ 6 ounces parmesan cheese grated to taste
- ☐ 2 portobello mushroom caps thinly sliced

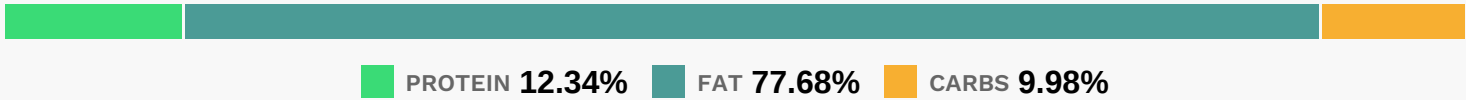
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 2 tablespoons of butter in a skillet over medium heat. Stir in the mushrooms; cook and stir until softened, about 5 minutes. Set aside.
- ☐ Meanwhile, melt the cream cheese and 1/2 cup of butter in a saucepan over medium heat, stirring occasionally. Stir in the milk and Parmesan cheese, mixing until smooth.
- ☐ Add in the garlic, basil, and white pepper. Simmer for 5 minutes, then remove the garlic. Stir in the cooked mushrooms before serving.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:10.95434777633%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 436.78kcal (21.84%), Fat: 38.38g (59.05%), Saturated Fat: 22.92g (143.23%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.19g (3.7%), Sugar: 5.09g (5.66%), Cholesterol: 110.83mg (36.94%), Sodium: 762.34mg (33.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Calcium: 374.48mg (37.45%), Phosphorus: 321.04mg (32.1%), Selenium: 19.86µg (28.38%), Vitamin A: 1342.04IU (26.84%), Vitamin B2: 0.32mg (18.53%), Vitamin B12: 0.84µg (14.02%), Zinc: 1.86mg (12.42%), Vitamin B5: 0.88mg (8.79%), Potassium: 304.47mg (8.7%), Manganese: 0.15mg (7.41%), Vitamin B3: 1.4mg (6.99%), Vitamin B6: 0.13mg (6.6%), Vitamin E: 0.95mg (6.32%), Copper: 0.12mg (5.99%), Vitamin D: 0.9µg (5.98%), Magnesium: 23.16mg (5.79%), Vitamin B1: 0.07mg (4.64%), Vitamin K: 4.17µg (3.98%), Fiber: 0.9g (3.62%), Folate: 13.95µg (3.49%), Iron: 0.56mg (3.14%)