



Creamy Alfredo Sauce

 Gluten Free  Popular

READY IN



20 min.

SERVINGS



4

CALORIES



464 kcal

SAUCE

Ingredients

- 0.3 cup butter
- 0.3 cup parsley fresh chopped
- 1 clove garlic crushed
- 1 cup heavy cream
- 1.5 cups parmesan cheese freshly grated

Equipment

- sauce pan
- whisk

Directions

- Melt butter in a medium saucepan over medium low heat.
- Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve.

Nutrition Facts

PROTEIN 11.09% **FAT 83.11%** **CARBS 5.8%**

Properties

Glycemic Index:28, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:11.911739092806%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 464.37kcal (23.22%), Fat: 43.52g (66.95%), Saturated Fat: 26.8g (167.47%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.69g (2.43%), Sugar: 1.81g (2.01%), Cholesterol: 130.36mg (43.45%), Sodium: 765.77mg (33.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Vitamin K: 65.05µg (61.95%), Calcium: 380.71mg (38.07%), Vitamin A: 1869.54IU (37.39%), Phosphorus: 278.99mg (27.9%), Selenium: 15.16µg (21.66%), Vitamin B2: 0.25mg (14.74%), Zinc: 1.83mg (12.19%), Vitamin B12: 0.63µg (10.43%), Vitamin D: 1.14µg (7.6%), Vitamin E: 1.1mg (7.31%), Vitamin C: 5.58mg (6.76%), Magnesium: 19.64mg (4.91%), Potassium: 152.71mg (4.36%), Vitamin B6: 0.06mg (3.22%), Vitamin B5: 0.31mg (3.09%), Folate: 10.78µg (2.69%), Iron: 0.48mg (2.65%), Manganese: 0.05mg (2.55%), Vitamin B1: 0.03mg (1.83%), Copper: 0.03mg (1.47%)