



## Creamy Alfredo Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



69 kcal

SAUCE

### Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon pepper freshly ground

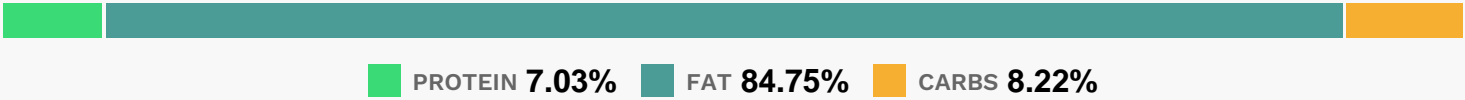
### Equipment

- ☐ frying pan
- ☐ sauce pan

# Directions

☐ Saut garlic in hot olive oil in a large skillet over medium-high heat 1 minute. Reduce heat to medium-low; stir in Alfredo sauce, basil and pepper. Cook, stirring constantly, 2 minutes or until thoroughly heated. Cover and chill up to 5 days. Reheat in a saucepan over medium-low heat. Note: We tested with Buitoni Alfredo Sauce.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.05, Inflammation Score:1, Nutrition Score:0.23347826245362%

## 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: 69.14kcal (3.46%), Fat: 6.32g (9.72%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.57g (0.64%), Cholesterol: 23.25mg (7.75%), Sodium: 238.28mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin K: 1.55µg (1.48%), Manganese: 0.03mg (1.25%)