



Easy Alfredo Sauce I

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



382 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 pint heavy whipping cream
- ☐ 1.5 cups parmesan cheese grated

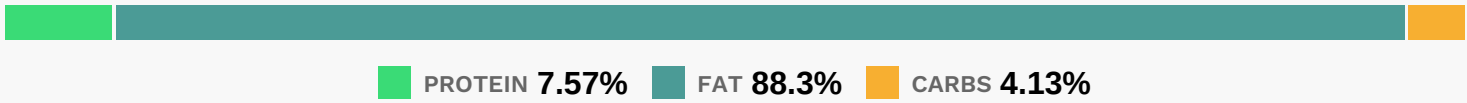
Equipment

- ☐ sauce pan

Directions

- ☐
- In a medium saucepan combine whipping cream, butter or margarine, and grated Parmesan cheese. Cook over medium low heat until smooth.
- ☐
- Remove from heat. Sauce will thicken upon standing.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:5.6852173196233%

Nutrients (% of daily need)

Calories: 381.76kcal (19.09%), Fat: 38.11g (58.63%), Saturated Fat: 23.8g (148.77%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.75g (1.94%), Cholesterol: 113.65mg (37.88%), Sodium: 435.32mg (18.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin A: 1386.19IU (27.72%), Calcium: 208.19mg (20.82%), Phosphorus: 156.59mg (15.66%), Selenium: 8.48µg (12.11%), Vitamin B2: 0.18mg (10.63%), Vitamin D: 1.04µg (6.93%), Vitamin E: 0.97mg (6.46%), Zinc: 0.97mg (6.44%), Vitamin B12: 0.37µg (6.2%), Vitamin K: 3.2µg (3.05%), Magnesium: 10.99mg (2.75%), Potassium: 94.09mg (2.69%), Vitamin B5: 0.23mg (2.27%), Vitamin B6: 0.04mg (1.82%), Vitamin B1: 0.02mg (1.17%)