



Easy Alfredo Sauce II

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



242 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter room temperature
- ☐ 1 cup heavy cream
- ☐ 0.8 cup parmesan cheese grated

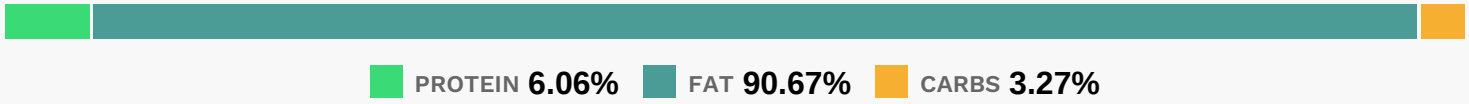
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐
- In a medium bowl, beat butter and Parmesan with an electric mixer until fluffy.
- ☐
- Add cream, a little at a time, until mixture resembles softly scrambled eggs. Toss with hot pasta to serve.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.1204347675261%

Nutrients (% of daily need)

Calories: 242.34kcal (12.12%), Fat: 24.87g (38.26%), Saturated Fat: 15.59g (97.43%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.88g (0.98%), Cholesterol: 72.28mg (24.09%), Sodium: 263.32mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin A: 872.96IU (17.46%), Calcium: 105.92mg (10.59%), Phosphorus: 80.1mg (8.01%), Selenium: 4.32µg (6.17%), Vitamin B2: 0.09mg (5.48%), Vitamin E: 0.65mg (4.34%), Vitamin D: 0.52µg (3.49%), Vitamin B12: 0.2µg (3.3%), Zinc: 0.49mg (3.27%), Vitamin K: 2.1µg (2%), Magnesium: 5.65mg (1.41%), Potassium: 48.92mg (1.4%), Vitamin B5: 0.12mg (1.22%)