



Easy Alfredo Sauce III

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



355 kcal

SAUCE

Ingredients

- 2 egg yolk beaten
- 1 cup half and half
- 2 cups parmesan cheese grated
- 4 servings salt and pepper to taste
- 1 cup milk whole

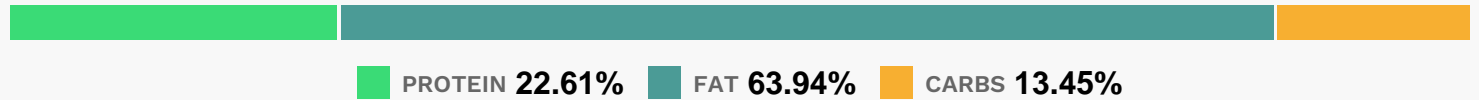
Equipment

- sauce pan

Directions

- In a medium saucepan over medium heat, combine half-and-half and milk.
- Heat through, then reduce heat to low and stir in egg yolks and and cheese, a little at a time, until well incorporated. Simmer 5 to 10 minutes, until thick, stirring occasionally. Stir in salt and pepper to taste and toss with hot pasta.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:12.655217168124%

Nutrients (% of daily need)

Calories: 355.33kcal (17.77%), Fat: 25.29g (38.91%), Saturated Fat: 14g (87.48%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.97g (4.35%), Sugar: 5.52g (6.13%), Cholesterol: 169.2mg (56.4%), Sodium: 1133.2mg (49.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.25%), Calcium: 593.49mg (59.35%), Phosphorus: 471.18mg (47.12%), Selenium: 25.64µg (36.62%), Vitamin B2: 0.42mg (24.8%), Vitamin B12: 1.29µg (21.58%), Zinc: 2.86mg (19.06%), Vitamin A: 875.27IU (17.51%), Vitamin D: 1.41µg (9.38%), Vitamin B5: 0.83mg (8.34%), Magnesium: 31.33mg (7.83%), Potassium: 273.21mg (7.81%), Vitamin B6: 0.14mg (6.97%), Vitamin B1: 0.08mg (5.44%), Folate: 17.95µg (4.49%), Vitamin E: 0.67mg (4.46%), Iron: 0.5mg (2.79%), Manganese: 0.05mg (2.55%), Vitamin K: 1.88µg (1.79%), Copper: 0.03mg (1.66%)