



## Famous Restaurant Alfredo Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



833 kcal

SAUCE

### Ingredients

- 0.5 cup butter
- 0.8 cup cream cheese
- 1 pinch garlic salt to taste
- 0.8 cup half-and-half
- 4 servings lemon pepper to taste
- 16 ounce fettuccine pasta dry

### Equipment

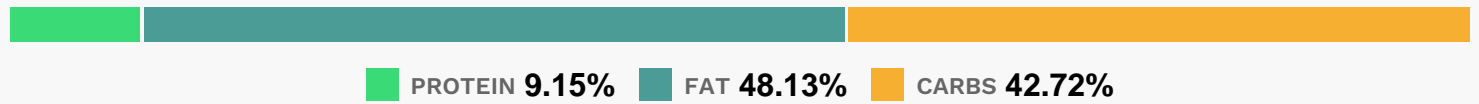
- sauce pan

pot

## Directions

- Place pasta in a large pot of lightly salted boiling water. Cook until tender, about 8 minutes.
- Drain.
- Combine the butter, cream cheese, and half and half in a saucepan. Season with garlic salt and lemon pepper. Bring to a low boil over medium-low heat. Cook, stirring, until thickened slightly.
- Serve over 12 ounces of pasta.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:34.69, Inflammation Score:-8, Nutrition Score:16.654782595842%

## Nutrients (% of daily need)

Calories: 832.82kcal (41.64%), Fat: 44.59g (68.6%), Saturated Fat: 26.69g (166.8%), Carbohydrates: 89.06g (29.69%), Net Carbohydrates: 85.4g (31.06%), Sugar: 6.52g (7.24%), Cholesterol: 119.88mg (39.96%), Sodium: 360.29mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.15%), Selenium: 77.07µg (110.1%), Manganese: 1.06mg (52.89%), Phosphorus: 309.94mg (30.99%), Vitamin A: 1441.88IU (28.84%), Magnesium: 69.21mg (17.3%), Copper: 0.34mg (17.04%), Vitamin B2: 0.26mg (15.52%), Fiber: 3.65g (14.62%), Zinc: 2.02mg (13.44%), Calcium: 120.91mg (12.09%), Potassium: 377.1mg (10.77%), Vitamin B6: 0.21mg (10.43%), Vitamin B3: 2.03mg (10.15%), Vitamin B5: 0.9mg (8.95%), Iron: 1.56mg (8.66%), Vitamin B1: 0.13mg (8.47%), Vitamin E: 1.26mg (8.42%), Folate: 26.47µg (6.62%), Vitamin B12: 0.23µg (3.8%), Vitamin K: 3.75µg (3.57%)