



## Pumpkin Alfredo Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



141 kcal

SAUCE

### Ingredients

- 2 tablespoons butter
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup heavy whipping cream
- 1 tablespoon parmesan cheese grated
- 1 cup pumpkin puree
- 9 sage leaves

### Equipment

sauce pan

whisk

## Directions

Melt butter in a saucepan over medium heat; cook and stir sage leaves in hot butter until the butter takes on the sage flavor, about 5 minutes.

Whisk cream, pumpkin, nutmeg, cinnamon, and Parmesan cheese into the butter; cook until the cheese melts, about 5 minutes.

## Nutrition Facts

 **PROTEIN 3.9%**  **FAT 85.87%**  **CARBS 10.23%**

## Properties

Glycemic Index:15.63, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:7.1199999866278%

## Nutrients (% of daily need)

Calories: 141.29kcal (7.06%), Fat: 13.94g (21.44%), Saturated Fat: 8.85g (55.31%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.96g (2.18%), Cholesterol: 41.69mg (13.9%), Sodium: 43.07mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin A: 5297.36IU (105.95%), Copper: 0.18mg (8.9%), Vitamin K: 6.19µg (5.89%), Manganese: 0.1mg (5.1%), Vitamin E: 0.69mg (4.59%), Vitamin B2: 0.08mg (4.48%), Fiber: 1.08g (4.3%), Calcium: 37.23mg (3.72%), Phosphorus: 33.49mg (3.35%), Vitamin D: 0.48µg (3.19%), Iron: 0.49mg (2.74%), Potassium: 95.49mg (2.73%), Magnesium: 10.1mg (2.53%), Vitamin B5: 0.21mg (2.05%), Selenium: 1.28µg (1.83%), Vitamin C: 1.48mg (1.8%), Vitamin B6: 0.03mg (1.45%), Folate: 5.21µg (1.3%), Zinc: 0.16mg (1.1%), Vitamin B12: 0.06µg (1.03%)