



Quick Alfredo Sauce

 Popular

READY IN



15 min.

SERVINGS



8

CALORIES



164 kcal

SAUCE

Ingredients

- 0.3 cup butter
- 1 tablespoon parsley flakes dried
- 0.3 cup flour all-purpose
- 2 cloves garlic minced
- 0.5 teaspoon garlic salt
- 2 cups half and half
- 0.3 cup parmesan cheese grated

Equipment

sauce pan

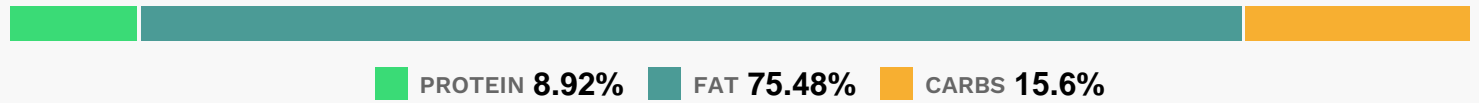
whisk

Directions

Melt the butter in a saucepan over medium heat.

Whisk the flour and garlic salt into the melted butter until the mixture is smooth. Slowly beat the half and half into the sauce until completely incorporated. Stir the garlic, parsley, and Parmesan cheese into the sauce, whisking continually. Bring the sauce to a simmer; cook, stirring regularly, until the sauce has thickened, 4 to 5 minutes. Use immediately or refrigerate.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:2.23, Inflammation Score:-4, Nutrition Score:3.6534782758226%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 163.73kcal (8.19%), Fat: 13.93g (21.44%), Saturated Fat: 8.56g (53.47%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.29g (2.29%), Sugar: 2.54g (2.82%), Cholesterol: 40.05mg (13.35%), Sodium: 302.11mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Calcium: 108.15mg (10.82%), Vitamin B2: 0.16mg (9.43%), Phosphorus: 92.05mg (9.21%), Vitamin A: 432.4IU (8.65%), Selenium: 4.93µg (7.05%), Vitamin K: 4.78µg (4.55%), Vitamin B1: 0.05mg (3.49%), Manganese: 0.07mg (3.41%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.18µg (3.05%), Potassium: 103.15mg (2.95%), Folate: 9.9µg (2.47%), Magnesium: 9.7mg (2.43%), Vitamin E: 0.36mg (2.42%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.22mg (2.2%), Iron: 0.3mg (1.67%), Vitamin B3: 0.33mg (1.66%), Vitamin C: 1.09mg (1.32%)