

Quick and Easy Alfredo Sauce

 **Gluten Free**

READY IN



10 min.

SERVINGS



4

CALORIES



659 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cream cheese
- ☐ 2 teaspoons garlic powder
- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups milk
- ☐ 6 ounces parmesan cheese grated

Equipment

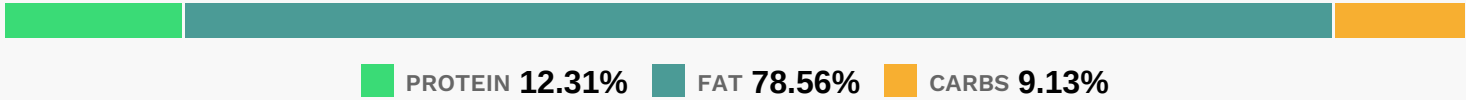
- ☐ sauce pan

whisk

Directions

- Melt butter in a medium, non-stick saucepan over medium heat.
- Add cream cheese and garlic powder, stirring with wire whisk until smooth.
- Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper.
- Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly, thin with milk if cooked too long. Toss with hot pasta to serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:3.07, Inflammation Score:-8, Nutrition Score:14.203043285433%

Nutrients (% of daily need)

Calories: 659.24kcal (32.96%), Fat: 58.34g (89.75%), Saturated Fat: 34.9g (218.14%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 15.1g (5.49%), Sugar: 8.08g (8.98%), Cholesterol: 169.91mg (56.64%), Sodium: 1151.93mg (50.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Calcium: 589.24mg (58.92%), Phosphorus: 466.61mg (46.66%), Vitamin A: 2036.38IU (40.73%), Selenium: 22.72µg (32.46%), Vitamin B2: 0.46mg (26.9%), Vitamin B12: 1.41µg (23.43%), Zinc: 2.7mg (17.97%), Vitamin D: 1.55µg (10.36%), Potassium: 361.62mg (10.33%), Vitamin B5: 0.96mg (9.6%), Vitamin E: 1.43mg (9.56%), Magnesium: 36.46mg (9.11%), Vitamin B6: 0.17mg (8.32%), Vitamin B1: 0.1mg (6.72%), Vitamin K: 4.37µg (4.17%), Manganese: 0.07mg (3.5%), Folate: 9.22µg (2.31%), Iron: 0.35mg (1.95%), Copper: 0.04mg (1.86%), Vitamin B3: 0.24mg (1.19%)