



Spinach Alfredo Sauce (Better than Olive Garden®)

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



608 kcal

SAUCE

Ingredients

- 0.5 cup butter
- 3 tablespoons cream cheese
- 0.8 cup pkt spinach frozen thawed chopped
- 1 teaspoon garlic powder
- 1 pint heavy whipping cream
- 1 cup parmesan cheese grated

Equipment

sauce pan

Directions

- Heat butter in a saucepan over low heat; cook spinach in the melted butter until warmed, about 1 minute.
- Add cream and cream cheese to spinach mixture; cook and stir until cream cheese is melted, about 5 minutes.
- Fold Parmesan cheese and garlic powder into spinach mixture; season with salt and pepper. Simmer until sauce is thickened and smooth, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:16.376521748045%

Nutrients (% of daily need)

Calories: 607.94kcal (30.4%), Fat: 61.3g (94.31%), Saturated Fat: 38.3g (239.39%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.35g (2.31%), Sugar: 3.28g (3.65%), Cholesterol: 181.93mg (60.64%), Sodium: 566.51mg (24.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.57%), Vitamin A: 4992.14IU (99.84%), Vitamin K: 92.19µg (87.8%), Calcium: 283.81mg (28.38%), Phosphorus: 210.4mg (21.04%), Vitamin B2: 0.33mg (19.29%), Selenium: 12.36µg (17.66%), Vitamin E: 2.26mg (15.04%), Vitamin D: 1.61µg (10.76%), Folate: 40.66µg (10.17%), Manganese: 0.19mg (9.48%), Zinc: 1.31mg (8.71%), Magnesium: 32.87mg (8.22%), Vitamin B12: 0.48µg (7.99%), Potassium: 231.76mg (6.62%), Vitamin B6: 0.1mg (5.25%), Vitamin B5: 0.41mg (4.07%), Iron: 0.67mg (3.75%), Vitamin B1: 0.05mg (3.47%), Fiber: 0.73g (2.93%), Copper: 0.06mg (2.84%), Vitamin C: 1.86mg (2.26%), Vitamin B3: 0.22mg (1.09%)