



Summer Alfredo Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



10 kcal

SAUCE

Ingredients



1.6 oz alfredo sauce mix



1 tablespoon basil fresh chopped



1 tablespoon chives fresh chopped



1 tablespoon parsley fresh chopped



1 tablespoon oregano fresh chopped

Equipment

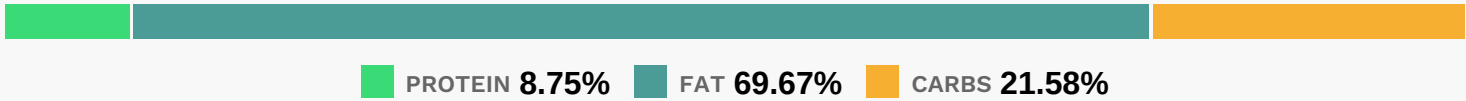


whisk

Directions

- ☐ Prepare Alfredo sauce mix according to package directions.
- ☐ Whisk in parsley and remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:0.90217390267745%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 9.77kcal (0.49%), Fat: 0.77g (1.19%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.1g (0.11%), Cholesterol: 2.98mg (0.99%), Sodium: 30.85mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin K: 11.14µg (10.61%), Manganese: 0.03mg (1.45%), Vitamin A: 65.81IU (1.32%), Iron: 0.22mg (1.22%)