



Easy Keto Alfredo Sauce

Jacob · 30/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

6

Description

This creamy keto Alfredo sauce is easy to make and a lovely treat for yourself and your guests. It pairs well with pasta or zoodles spiralized zucchini. You can even add chicken or shrimp. Sauce will become very thick if stored in the refrigerator. Simply heat the sauce up for it to be pourable.

Ingredients

- - ½ cup unsalted butter - 2 cloves garlic
- crushed - 2 cups heavy whipping cream - ½ (4 ounce) package cream cheese
- softened - 1 ½ cups grated Parmesan cheese - 1 pinch salt
- or to taste - 1 pinch ground nutmeg
- or to taste - 1 pinch ground white pepper
- or to taste

Instructions

1. Gather the ingredients. Melt butter in a medium saucepan over low heat. Add garlic and cook until fragrant
2. about 2 minutes. Stir in heavy cream and cream cheese. Gradually add Parmesan cheese
3. stirring constantly until well incorporated and melted
4. about 5 to 7 minutes. Stir in salt
5. nutmeg
6. and white pepper. The sauce will thicken as it cools.