



ThreeIngredient Keto Alfredo Sauce

Jacob · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

4

Description

This beats storebought Alfredo sauce and is so easy to make As a bonus its keto and lowcarb friendly I use a Microplane grater to shred my Parmesan cheese If you use storebought grated Parmesan cheese it wont be as smooth

Ingredients

- - 2 tablespoons unsalted butter - 5 fluid ounces heavy cream - 2 cups finely grated Parmesan cheese - 1 pinch freshly grated nutmeg
- or to taste (Optional)

Instructions

1. Melt butter in a saucepan over medium heat. Stir with a wooden spoon and add heavy cream. Stir until combined. Add Parmesan cheese to the cream mixture in the saucepan and stir until blended. Season with nutmeg.