

Easy Keto Alfredo Sauce



Treat yourself and guests to creamy homemade Alfredo sauce with this easy recipe. This sauce 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.

By bd.weld

Prep: 5 mins

Cook: 10 mins

Total: 15 mins

Servings: 6

Yield: 6 servings



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

Directions

Step 1

Melt butter in a medium saucepan. Cook garlic until fragrant, about 2 minutes. Add heavy cream and cream cheese. Slowly add Parmesan cheese, stirring constantly until well incorporated and sauce thickens, 5 to 7 minutes. Stir in salt, nutmeg, and white pepper.