



Alfredo Sauce

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 8

Nutrition Information Per Serving

234.9 calories, 1.72 g carbohydrate, 0.01 g fiber, 1.71 g NET carbs, 7.91 g protein, 22.13 g fat

Ingredients

- 1/4 cup(s) grass-fed butter
- 1 cup organic heavy cream
- 1 tsp minced garlic
- 1 1/2 cup(s) organic Parmesan cheese

Preparation

1. In a medium saucepan, heat the butter over low heat.
2. Add the cream and simmer for 5 minutes.
3. Stir in the garlic and cheese, whisking quickly and constantly until all cheese is dissolved.

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