



Keto Mushroom Alfredo Sauce

BY KETO KATZ

Servings & Macros

Serving size: 1/2 recipe
(doesn't include noodles)

Makes: 2 servings

Carbs: 7 g, Protein: 7 g, Fat: 25 g,

Fiber: 1 g, Sugar Alcohol: 0,

Net Carb: 6 g, Calories: 286 kcal

This recipe is a quickie!

Prep time: 5 min
Cook time: 15 min

Let's Get Involved

Instagram

https://www.instagram.com/keto_katz_

Sign up for emails:

www.ketokatz.com

Ingredients

- 8 oz mushrooms, sliced thin
- 2 tbsp butter
- 1 tsp minced garlic
- 1 cup heavy cream
- 2 tbsp parmesan
- Salt and pepper to taste

Instructions

1. Melt butter in a sauce pan, then add garlic and mushrooms. Sautee until mushrooms are cooked and golden brown.
2. Add heavy cream and let simmer 5 minutes.
3. Add parmesan, salt, pepper and stir.
4. Can you believe you're done?! Pour this velvety love-cream on your favorite keto pasta. We really enjoy Healthy Noodles brand, but you can use whatever you feel passionate about :)

