

Skinny Laughing Cow Alfredo Sauce

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-alfredo-sauce-with-swiss-cheese-recipe>

Ingredients:

- 1 cup fat free milk
- 6 wedges light swiss cheese Laughing Cow, Wedges, cut up into little pieces
- 2 cloves garlic minced
- 1/4 yellow onion chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1 tablespoon butter Smart Balance, or light heart healthy butter spread
- 1 teaspoon cornstarch
- 1 tablespoon dried chives freeze, or fresh would work too

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 400 milligrams
9. Sugar: 7 grams

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