

Creamy Greek Yogurt Alfredo Sauce

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-alfredo-sauce-recipe>

Ingredients:

- 4 tablespoons butter
- 4 tablespoons all-purpose flour
- 2 cups chicken stock
- 3/4 cup plain greek yogurt
- 1/2 cup milk
- 6 teaspoons minced garlic
- 1 1/2 cups shredded Parmesan cheese
- salt
- pepper
- 2 teaspoons Italian parsley fresh
- 1 pound pasta your favorite, cooked, I used fettuccine

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 135 grams
3. Cholesterol: 80 milligrams
4. Fat: 32 grams
5. Fiber: 6 grams
6. Protein: 44 grams
7. SaturatedFat: 17 grams
8. Sodium: 1320 milligrams
9. Sugar: 11 grams

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