

# Healthy Alfredo Sauce

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 pound fettuccine or pasta of choice
- 2 tablespoons olive oil
- 6 cloves minced garlic
- 1/4 cup all purpose flour
- 1 1/2 cups low sodium chicken broth
- 1 1/2 cups lowfat milk
- 1 teaspoon onion powder tsp EACH, pwdr, dried basil dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 cup freshly grated Parmesan cheese
- 3/4 cup shredded mozzarella cheese

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 99 grams
3. Cholesterol: 30 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 7 grams
8. Sodium: 690 milligrams
9. Sugar: 8 grams

---

Thank you for visiting our website. Hope you enjoy Healthy Alfredo Sauce above. You can see more 17 italian fettuccine alfredo sauce recipe Experience flavor like never before! to get more great cooking ideas.