

Easy Pasta Cream Cheese Sauce

Yield: 4 min
Total Time: 12 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cream-cheese-sauce-recipe>

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1/2 cup milk
- 1/2 cup chicken broth
- 8 ounces cream cheese cubed
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1 lemon medium, zested
- 2 tablespoons goat cheese crumbled
- 1 tablespoon chives chopped

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 75 milligrams
4. Fat: 26 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 13 grams
8. Sodium: 390 milligrams
9. Sugar: 4 grams

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