

Lunch | Dinner

# Easy Alfredo Sauce

Side Effect: Weight Loss/Low Appetite

**10 Mins**  
Prep Time

**2 Mins**  
Cook Time

**6**  
Servings

**308 Calories** **31g Fat** **2g Carbs** **4g Protein**



## Ingredients

**6 Servings** **12 Mins Total Time** **Allergens: Dairy**

1 Stick **Pasteurized** Butter, unsalted

1 Cup **Pasteurized** Heavy Cream

$\frac{3}{4}$  Cup **Pasteurized** Parmesan Cheese, grated

$\frac{1}{4}$  Tsp Ground Nutmeg

Salt and Pepper, to taste

### Allergen Swap

**Dairy** Omit cream and use full fat coconut milk. Omit Parmesan cheese and use a non-dairy cheese alternative.

### Nourishment Note



#### Nutmeg

Nutmeg, like cloves, is a natural digestive aid to help with stomach upset. It's also rich in myristicin that may help promote tumor fighting in the body.



#### Full-Fat Dairy

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium, and vitamin D.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Melt Butter

In a microwave-safe bowl, melt the butter in the microwave, approximately 30 seconds.

### 3. Add Cream

Add the cream to the bowl and heat for an additional minute.

### 4. Add Cheese

Stir in Parmesan cheese. Warm in microwave for another 30 seconds or until cheese is melted.

### 5. Season & Enjoy

Finally, add nutmeg and salt and pepper, to taste. Use alfredo sauce to top pasta, vegetables or protein foods, like shrimp or chicken.

### 6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [geniuskitchen.com](https://geniuskitchen.com)

## What You'll Need



Microwave-Safe Bowl



Microwave



Cheese Grater



Measuring Cups



Measuring Spoons



Spoon

### Fatigue Buster

- Purchase pre-grated parmesan cheese.
- Ask a friend or family member to help prepare this dish.