



ALFREDO SAUCE

Dairy free, nut free, creamy, plant-based alfredo sauce

🕒 3 portions

INGREDIENTS

- 1.5 cup of soy milk
- 3 cloves of garlic, raw (9 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 1/8 cup of wheat flour, whole-grain (15 g)
- 1/4 cup of cheese, plant based, grated (20 g)
- 1/4 cup nutritional yeast
- 1 tsp of salt, table (6 g)
- 1 tsp, ground of spices, pepper, black (2 g)

COOKING METHOD

- 1° Add olive oil and garlic to sauce pan, saute until browned
- 2° Add 2 tbsp flour, cook until yellow/brown
- 3° Add in 1.5 cups of soy milk and simmer
- 4° Remove from heat and add 1/4 cup nutritional yeast and 1/4 vegan cheese of choice (I recommend parmesan or mozzarella)
- 5° Add salt and pepper to taste

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (110 g)	% DRI
ENERGY	142 kcal	157 kcal	8 %
FAT	9 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	15 %
CHOLESTEROL	10 mg	11 mg	4 %
SODIUM	965 mg	1061 mg	44 %
CARBOHYDRATE	10 g	11 g	4 %
SUGARS	4 g	4 g	—
FIBER	1 g	1 g	3 %
PROTEIN	5 g	6 g	—