AMERICAN · SAUCE

Brown Butter Parmesan Cream Sauce (Carnivore Alfredo)

15 min · Makes 16 × 2 tbsp · 144 kcal a portion · Video 4:44 · Courtney Luna

Carnivore · Gluten-free ingredients · No nuts listed

Thickened only by the cheese, with no flour or starch: 2 tbsp has under 1 g of carbohydrate and about 4 g of protein, but at around 145 kcal it is best used by the spoonful.

Diet notes: Keto (0.8 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the parmesan (traditionally made with animal rennet).

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Ingredients 3 · MAKES 16 × 2 TBSP

- [ ] 1 stick (½ cup) **salted butter**
- [ ] 1 cup **heavy cream**
- [ ] 2 cups shredded **parmesan** (not the powdery grated kind)

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Have the cream measured and ready. Melt 1 stick salted butter in a saucepan over medium heat and let it cook, stirring now and then so the milk solids on the bottom don't burn, until golden-brown and nutty. For a plain Alfredo, just melt it. 1:01
2. As soon as the butter is browned, pour in 1 cup heavy cream to stop it cooking further, and heat until it is warm and just simmering. 1:58
3. Turn the heat down, add 2 cups shredded parmesan and whisk while it simmers gently until the cheese has melted into a smooth sauce. 2:08
4. Serve hot over meat, eggs or egg-based noodles, with a little extra parmesan on top if you like. 3:29

> **Tip** The full recipe makes about 2 cups, so 16 serves of 2 tbsp is our estimate; the cook makes a half batch in the video (½ stick butter, ½ cup cream, 1 cup parmesan). Use shredded parmesan so it melts smoothly.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
144 kcal	4.2 g	0.8 g	0 g	14 g	200 mg
600 kJ	8% of a day	0.8 g net · 0.5 g sugars	0% of a day	8.8 g saturated	9% of a day
		0% of a day		18% of a day	

Energy from net carbs 2% · protein 12% · fat 86% — fits keto: 0.8 g net carbs, 86% of the energy from fat

Source of (10–19%) Vitamin A 14%

Recipe and video: Courtney Luna (@CourtneyLuna) on YouTube — youtube.com/watch?v=Ph88_ekfiNY, published 9 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/brown-butter-parmesan-cream-sauce