

KETO Fettucine Noodles

Homemade Keto Fettuccine

Ingredients (2 servings):

4 large eggs
4 oz cream cheese (softened)
½ cup shredded mozzarella cheese
2 tbsp coconut flour (or almond flour)
Pinch of salt

Instructions:

Preheat oven to 350°F (175°C). Line a baking sheet with parchment.

Blend eggs, cream cheese, mozzarella, flour, and salt until smooth.

Spread thinly onto the parchment in a rectangle.

Bake for 5–7 minutes until set but not browned.

Cool, then cut into strips to resemble fettuccine.



Alfredo Sauce (Keto Classic):

1 cup heavy cream, ½ cup parmesan, 2 tbsp butter, pinch garlic powder. Simmer until thick.

Garlic Olive Oil:

2 tbsp olive oil, 2 garlic cloves (sautéed), red pepper flakes, parsley. Toss noodles.

Pesto Cream:

2 tbsp pesto, ¼ cup heavy cream, parmesan. Warm and toss with noodles.

Nutrition (per serving, egg noodles + Alfredo sauce)

Calories: ~420

Net Carbs: ~4g

Protein: ~19g

Fat: ~36g