

Keto Zucchini Chicken Alfredo

"This Zucchini Chicken Alfredo is a delicious low-carb option to traditional pasta. Keto Friendly with the use of heavy cream or use my quinoa cream recipe for a lower fat alternative." Keto Zucchini Chicken Alfredo – You must try this recipe.

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× 4 h

× 6 Servings

× 407 cal's

Ingredients

- 3 small zucchini cut lengthwise with a vegetable peeler or spiraled
- 1/2 teaspoon sea salt
- 1 tablespoon avocado oil
- 16 ounces boneless skinless chicken breasts or thighs
- 1 teaspoon Italian Seasoning
- 1/2 teaspoon sea salt

- 1/4 teaspoon cayenne pepper
- 1/4 cup unsalted grass-fed butter

- **3/4 cup quinoa cream or organic heavy cream**
 - **1 teaspoon minced garlic**
 - **6 ounces Parmesan cheese**
 - **1/4 cup fresh chopped parsley**
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Directions

1. Place sliced zucchini in a colander and place the colander over a bowl. Sprinkle with salt and allow to sit for at least 30 minutes.
 2. Meanwhile, heat avocado oil to medium-high heat in a large skillet.
 3. Place chicken on a plate and sprinkle on both sides with Italian seasoning, sea salt, and cayenne pepper. Add chicken to skillet, and cook over medium-high heat until cooked through, about 8 to 10 minutes per side. Remove from skillet.
 4. Allow to cool and then chop.
 5. Reduce heat to medium and add butter to the skillet and when it is melted scrape up the browned bits.
 6. Add heavy cream and bring to a boil, whisking constantly. Reduce heat to medium-low.
 7. Add garlic and Parmesan and cook until the Parmesan is melted.
 8. Stir in chopped chicken, zucchini noodles, and parsley and cook for 2 more minutes, until warmed through.
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Nutrition Facts

Per Serving: 407 calories; 29.9 g fat; 4.9 g carbohydrates; 28 g protein.

Recipe by: **Kiro**, Photo Credit: **J. F. L. (flickr)**

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Please remember, We cannot accept any recipes taken from a book/website/other source. Remember that a reader should be able to take your recipe and cook from it without encountering any problems. End all recipes with a useful tip, e.g. an alternative ingredient you could use, something the dish goes well with, whether you can freeze it, etc.

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