White Wine Keto Pasta Sauce

**Servings: 2 Prep Time: 10 mins Cook Time: 15-20 minutes**

6 oz (170g) Mushrooms

4 oz (113g) Mascarpone Cheese or Crème Fraiche or Sour Cream or Plain Yogurt

2 Scallion, chopped

1 clove of Garlic, minced

1/2 medium Yellow Onion, minced

1 tbsp (14g) Butter

1 1/2 tbsp (21g) Extra Virgin Olive Oil

2 tbsp low carb Sauvignon Blanc (I used Fit Vine)

Splash of Vermouth

Shredded Parmesan for topping (optional)

2 servings of My Lupin Semolina Pasta

Start by boiling the pasta for 10 minutes. While the pasta is cooking, begin working on the sauce.

Add olive oil and butter to a skillet and melt. Toss in the 3/4 green onions, yellow onions, and mushrooms and sauté until softened, about 5-7 minutes. Add the garlic and cook another 2 minutes. Next, add in the mascarpone cheese or crème Fraiche or sour cream and let it melt down and become creamy.

Pour in the Sauvignon Blanc and the splash of vermouth then stir well. By this point, the sauce should be thick and creamy. Season with salt and pepper to taste. Now add the pasta to the sauce and half a ladle of the pasta water. Mix well and cook for an additional 3 minutes to allow the sauce to cook on the pasta. Check the seasoning then add additional if needed.

After 3 minutes transfer pasta to a large bowl, sprinkle with parmesan cheese and top with remaining green onions then serve.

**Nutritional Facts for 1 serving of White Wine Keto Pasta Sauce:** 431.0 Calories, 3.3g Net Carbs, 43.3g Fat, 4.5g Protein.

**Nutritional Facts for 1 serving of Sauce with Pasta:** 673.8 Calories, 7.2g Net Carbs, 52.3g Fat, 36.4g Protein.