

1. Keto Ranch Dressing

Description: A creamy, herby dressing great for salads or dipping.

Ingredients:

- ½ cup mayo
- ¼ cup sour cream
- 1 tbsp lemon juice
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tbsp fresh dill or parsley
- Salt & pepper

Instructions:

Mix all ingredients until smooth. Chill before serving.

Servings: 6 (2 tbsp each)

Nutrition (per serving): 110 cal | 12g fat | 1g net carbs | 1g protein

2. Keto Garlic Aioli

Description: A rich garlic mayo perfect on burgers or seafood.

Ingredients:

- ½ cup mayo
- 1 clove garlic, minced
- 1 tsp lemon juice
- Salt

Instructions:

Whisk all ingredients together and refrigerate.

Servings: 6

Nutrition (per serving): 100 cal | 11g fat | 0g net carbs | 0g protein

3. Keto Alfredo Sauce

Description: Creamy cheese sauce ideal for zoodles or chicken.

Ingredients:

- 1 cup heavy cream
- 2 tbsp butter
- ½ cup Parmesan cheese
- 1 clove garlic, minced

Instructions:

Simmer cream, butter, and garlic. Stir in Parmesan until melted.

Servings: 4

Nutrition (per serving): 220 cal | 22g fat | 2g net carbs | 5g protein

4. Keto Marinara Sauce

Description: A low-carb tomato sauce great for keto pizza or meatballs.

Ingredients:

- 1 cup crushed tomatoes (no sugar)
- 1 tbsp olive oil
- 1 clove garlic
- 1 tsp Italian seasoning

Instructions:

Simmer all ingredients 15–20 minutes.

Servings: 4

Nutrition (per serving): 50 cal | 4g fat | 3g net carbs | 1g protein

5. Keto Pesto Sauce

Description: A basil-forward sauce packed with healthy fats.

Ingredients:

- 1 cup fresh basil
- ¼ cup olive oil
- ¼ cup Parmesan
- 2 tbsp pine nuts
- 1 clove garlic

Instructions:

Blend all ingredients until smooth.

Servings: 6

Nutrition (per serving): 130 cal | 13g fat | 1g net carbs | 2g protein

6. Keto Cheese Sauce

Description: Velvety and cheesy, great over veggies or meats.

Ingredients:

- 1 cup shredded cheddar
- ½ cup heavy cream
- 1 tbsp cream cheese

Instructions:

Heat all ingredients in a saucepan until melted.

Servings: 4

Nutrition (per serving): 180 cal | 16g fat | 1g net carbs | 5g protein

7. Keto Buffalo Sauce

Description: Spicy and buttery — perfect for wings.

Ingredients:

- ¼ cup hot sauce
- 2 tbsp butter
- ½ tsp garlic powder

Instructions:

Heat until melted and combined.

Servings: 4

Nutrition (per serving): 60 cal | 6g fat | 1g net carbs | 0g protein

8. Keto Tzatziki Sauce

Description: A tangy cucumber-yogurt sauce that pairs well with grilled meats.

Ingredients:

- ½ cup Greek yogurt (full-fat)
- ¼ cucumber, grated
- 1 clove garlic
- 1 tbsp lemon juice
- 1 tsp dill

Instructions:

Mix all ingredients, refrigerate 30 min before serving.

Servings: 4

Nutrition (per serving): 60 cal | 4g fat | 2g net carbs | 3g protein

9. Keto Mushroom Gravy

Description: Savory gravy that works with steak, chicken, or cauliflower mash.

Ingredients:

- 1 cup mushrooms, sliced
- 2 tbsp butter
- ½ cup beef broth
- ¼ cup heavy cream

Instructions:

Sauté mushrooms in butter, add broth and cream, simmer until thick.

Servings: 4

Nutrition (per serving): 100 cal | 9g fat | 2g net carbs | 2g protein

10. Keto Lemon Butter Sauce

Description: Bright and buttery — ideal for seafood or veggies.

Ingredients:

- ¼ cup butter
- 1 tbsp lemon juice
- ½ tsp garlic powder

Instructions:

Melt butter, stir in lemon and garlic.

Servings: 4

Nutrition (per serving): 90 cal | 10g fat | 0g net carbs | 0g protein

11. Keto Creamy Horseradish Sauce

Description: A zippy steak sauce with a creamy kick.

Ingredients:

- ¼ cup sour cream
- 1 tbsp prepared horseradish

- 1 tsp Dijon mustard
- Salt & pepper

Instructions:

Mix all ingredients and chill.

Servings: 4

Nutrition (per serving): 60 cal | 5g fat | 1g net carbs | 1g protein

12. Keto Blue Cheese Dressing

Description: Rich and tangy dressing perfect for salads or wings.

Ingredients:

- ½ cup mayo
- ¼ cup blue cheese crumbles
- 2 tbsp sour cream
- 1 tsp vinegar

Instructions:

Stir to combine. Chill before using.

Servings: 6

Nutrition (per serving): 110 cal | 11g fat | 1g net carbs | 2g protein

13. Keto BBQ Sauce

Description: Sweet, smoky, and low in carbs — great on grilled meats.

Ingredients:

- 1 cup tomato sauce (no sugar)
- 2 tbsp apple cider vinegar
- 2 tbsp erythritol

- ½ tsp smoked paprika
- ½ tsp garlic powder

Instructions:

Simmer all ingredients 15 minutes.

Servings: 6

Nutrition (per serving): 30 cal | 1g fat | 2g net carbs | 1g protein

14. Keto Peanut Sauce

Description: Creamy, savory sauce perfect for dipping or Thai-inspired dishes.

Ingredients:

- 2 tbsp peanut butter
- 1 tbsp coconut aminos or soy sauce
- 1 tsp sesame oil
- 1 tbsp lime juice
- Water to thin

Instructions:

Whisk all ingredients until smooth.

Servings: 2

Nutrition (per serving): 110 cal | 9g fat | 2g net carbs | 3g protein

15. Keto Hollandaise Sauce

Description: A rich, buttery classic — perfect for eggs or asparagus.

Ingredients:

- 2 egg yolks
- ¼ cup butter, melted

- 1 tbsp lemon juice

Instructions:

Whisk yolks and lemon juice over low heat, slowly add butter, whisking until thick.

Servings: 4

Nutrition (per serving): 130 cal | 14g fat | 1g net carbs | 1g protein

16. Keto Chimichurri Sauce

Description: A fresh herb sauce with garlic and vinegar kick.

Ingredients:

- ½ cup parsley
- ¼ cup olive oil
- 2 tbsp red wine vinegar
- 2 cloves garlic
- ½ tsp oregano

Instructions:

Blend all ingredients. Serve fresh.

Servings: 4

Nutrition (per serving): 100 cal | 10g fat | 1g net carbs | 0g protein

17. Keto Avocado Cilantro Sauce

Description: Creamy, zesty green sauce great on tacos or bowls.

Ingredients:

- 1 avocado
- ¼ cup sour cream
- 1 tbsp lime juice

- ¼ cup cilantro
- Salt & garlic

Instructions:

Blend all ingredients until smooth.

Servings: 4

Nutrition (per serving): 120 cal | 10g fat | 2g net carbs | 1g protein

18. Keto Sriracha Mayo

Description: Spicy mayo with a kick, great for burgers or sushi bowls.

Ingredients:

- ½ cup mayo
- 1 tbsp Sriracha
- 1 tsp lime juice

Instructions:

Whisk together and chill.

Servings: 6

Nutrition (per serving): 90 cal | 10g fat | 1g net carbs | 0g protein

19. Keto Wasabi Sauce

Description: Creamy and spicy — great with seared tuna or sushi rolls.

Ingredients:

- ¼ cup sour cream
- 1 tsp wasabi paste
- 1 tsp lime juice

Instructions:

Mix until smooth.

Servings: 2

Nutrition (per serving): 45 cal | 4g fat | 1g net carbs | 0g protein

20. Keto Mustard Cream Sauce

Description: Tangy and smooth, excellent with pork or chicken.

Ingredients:

- ¼ cup heavy cream
- 1 tbsp Dijon mustard
- 1 tbsp butter

Instructions:

Heat ingredients in a pan until combined and thickened.

Servings: 2

Nutrition (per serving): 100 cal | 10g fat | 1g net carbs | 1g protein