



## KETO PASTA COOKBOOK

For those following a keto diet, low-carb, gluten-free, or suitable for diabetes, finding options that are satisfying, varied, and delicious can be a challenge. That's why we love these recipes and the versatility of NaturaVia keto pastas.

If you've tried konjac pasta or zoodles and they didn't quite win you over, this pasta is for you! Our pasta is different; it's designed with true keto lovers in mind, who value both flavor and ingredient quality.

Best of all, you don't have to sacrifice taste or texture. NaturaVia pastas are an excellent alternative to traditional pasta, made with natural ingredients, high in fiber, containing hydrolyzed bioactive collagen protein, and with no carbohydrates, making them the perfect complement to your dishes.

### Table of Contents

- Shrimp Fettuccine
- Pasta Arrabiata
- Pasta Bolognese
- Pasta Alfredo
- Creamy Ham Pasta
- Mushroom and Bacon Pasta
- Noodle Soup

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# Shrimp Fettuccine

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Servings: 2

## Ingredients:

- 40g Keto Pasta NaturaVia Fettuccine (1.4 oz packet)
- 250g cooked shrimp (8.8oz)
- 1/2 stick unsalted butter
- 1 cup heavy cream
- 1/4 block Philadelphia cream cheese
- 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 1/4 cup grated or powdered Parmesan cheese
- A pinch of ground nutmeg
- Salt and pepper to taste
- Fresh basil leaves for garnish

## Instructions:

1. Melt the butter over low heat, then add minced garlic and cook for 30 seconds.
2. Add the heavy cream and cream cheese, and cook over low heat, stirring until well combined.
3. Gradually add the Parmesan cheese while stirring continuously.
4. Add salt, pepper, nutmeg, and onion powder. Stir well and remove from heat.
5. Cook the pasta in boiling water for 12-14 minutes. Drain immediately.
6. Just before serving, mix the pasta with the sauce and add the shrimp.
7. Sprinkle additional Parmesan cheese and some chopped fresh basil leaves on top for garnish.

**Nutritional Information per serving:** Calories 420Cal, Protein 19g, Fat 33g, Total Carbs 12g, Net Carbs 4g, Sugars 1.2g (from dairy), Added sugar 0g, Fiber 8g, Sodium (estimated, may vary depending on your salt preference) 438mg.



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# Pasta Arrabiata

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Servings: 2

## Ingredients:

- 1 packet (40g) of Keto Pasta NaturaVia Linguini or Fettuccine
- 3 tablespoons of butter or olive oil (or 1 ½ TBSP butter and 1 ½ TBSP olive oil)
- 1/2 small onion, chopped
- 2 cloves of garlic, finely chopped
- 1 1/2 cups of sugar-free tomato pasta sauce (Yo Mama's, Classico Tomato & Basil, Great Value, or Simply Ragú)
- 1/2 cup crushed tomatoes
- Dried or fresh basil to taste
- 1 teaspoon crushed red pepper
- A pinch of paprika
- A pinch of cayenne pepper (it's very spicy!)
- Salt and pepper to taste
- Onion and garlic powder to taste
- Parmesan cheese to garnish

## Instructions:

1. Heat the olive oil and butter in a pan.
2. Add the crushed pepperoncini, chopped onion, and garlic, and sauté until the onion becomes translucent.
3. Add the chopped or crushed tomatoes and continue cooking.
4. Pour in the tomato sauce, paprika, cayenne pepper, basil, salt, and pepper, and stir.
5. Cook the Keto Pasta according to the package instructions.
6. Serve the cooked pasta and pour the Arrabiata sauce over it.
7. Finish by garnishing with grated or powdered Parmesan cheese and a basil leaf.

**Nutritional Information per serving:** Calories 220Cal, Protein 5.5g, Fat 13.3g, Total Carbs 20g, Net Carbs 8g, Sugars 6g (from tomatoes), Added sugar 0g, Fiber 12g, Sodium (estimated, may vary depending on your salt preference) 450mg.



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# Pasta Bolognese

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Servings: 2

## Ingredients:

- 1 packet (40g) of Keto Pasta NaturaVia Linguini or Fettuccine
- 200g lean ground beef (7oz)
- 1/8 onion, chopped
- 1 clove garlic, finely chopped
- 2 large mushrooms, chopped (optional)
- Himalayan salt and pepper to taste
- 1 1/4 cups sugar-free and starch-free pasta tomato sauce (Yo Mama's, Classico Tomato & Basil, Great Value, or Simply Ragú)
- A pinch of dried oregano
- 1/4 teaspoon dried basil (or 2 leaves of fresh basil, chopped)
- Parmesan cheese for garnish

## Instructions:

1. In a non-stick skillet, cook the ground beef with garlic, onion, mushrooms, salt, and pepper to taste.
2. Once cooked thoroughly, add the sauce, spices, and cook over low heat for 5 minutes or until the sauce thickens.
3. Cook the Keto Pasta NaturaVia according to the instructions and drain.
4. Mix the sauce with the pasta and serve with grated Parmesan cheese.

**Nutritional Information per serving:** Calories 320Cal, Protein 20g, Fat 18.3g, Total Carbs 20g, Net Carbs 8g, Sugars 6g (from vegetables), Added sugar 0g, Fiber 12g, Sodium (estimated, may vary depending on your salt preference) 450mg.



# Pasta Alfredo

Servings: 2

## Ingredients:

- 40g Keto Pasta NaturaVia Fettuccine or Linguini (1 package)
- Little less than 1/2 stick unsalted butter (45g)
- 1 cup heavy cream
- 1/4 block original or light cream cheese (Philadelphia)
- 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 4 leaves of fresh basil, chopped (or dried basil to taste)
- 1/4 cup grated Parmesan cheese
- A pinch of ground nutmeg
- Himalayan salt and pepper to taste
- Optional: bacon bits

## Instructions:

1. Melt the butter over low heat with minced garlic and onion powder, cook for 30 seconds.
2. Add the heavy cream and cream cheese, and cook over low heat, stirring until well incorporated.
3. Gradually add the Parmesan cheese while stirring continuously.
4. Add salt, pepper, nutmeg and basil. Stir well and remove from heat.
5. Add the chopped bacon to the cream if you're using it.
6. Cook the pasta according to the instructions on the box, drain immediately, and mix with the sauce just before serving (do not reheat because the pasta loses its consistency).
7. Add more grated or powdered Parmesan cheese when serving and some fresh basil leaves on top.

**Nutritional Information per serving:** Calories 660Cal, Protein 15g, Fat 60g, Total Carbs 15g, Net Carbs 3g, Sugars 2.5g (from dairy), Added sugar 0g, Fiber 12g, Sodium (estimated, may vary depending on your salt preference) 450mg.



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# Creamy Ham Pasta

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Servings: 2

## Ingredients:

- 40g Keto Pasta NaturaVia Fettuccine or Linguini (1 package 1.4oz)
- 3 tablespoons of butter
- 3/4 cup starch-free sour cream
- 35g grated mozzarella cheese
- 90g ham, cut into cubes (3.2 oz.)
- Himalayan salt and pepper to taste
- Chopped fresh parsley

## Instructions:

1. Melt the butter over low heat.
2. Add the sour cream and cheese, and cook over low heat, stirring until well combined.
3. Add the chopped ham and mix.
4. Season with salt and pepper to taste.
5. Cook the pasta according to the instructions on the box, drain immediately, and mix with the cream and chopped parsley just before serving (do not reheat because the pasta loses its consistency).

**Nutritional Information per serving:** Calories 476, Protein 18g, Fat 36g, Total Carbs 20g, Net Carbs 5g, Sugars 2g (from dairy), Added sugar 0g, Fiber 8g, Sodium (estimated, may vary depending on your salt preference) 450mg.



## Mushroom & Bacon Pasta

One of the favorite recipes!

Servings: 2

### Ingredients:

- 40g Keto Pasta NaturaVia fettuccine (1 package 1.4oz)
- 40g diced bacon (1.4oz)
- 40g sliced mushrooms (1.4 oz)
- 1 TBSP of butter
- 1/3 cup of grated Parmesan cheese
- ¼ cup starch-free sour cream
- Salt, pepper, garlic powder, and onion powder to taste
- Fresh basil leaves for garnish
- Optional: unsweetened almond milk or heavy cream or half & half

### Instructions:

1. Fry the bacon and remove excess fat.
2. Add the mushrooms and cook over low heat until they are soft.
3. Separately, melt the butter and add the sour cream and ¼ ci of grated cheese (leave the rest for garnish). Stir over low heat until well combined. If it becomes too thick, add a splash of heavy cream, half & half, or almond milk.
4. Mix the bacon and mushrooms with the cream, season to taste.
5. Cook the keto pasta according to the instructions, drain, and toss with the cream just before serving.
6. Garnish with the remaining grated cheese and basil leaves.

**Nutritional Information per serving:** Calories 360Cal, Protein 18g, Fat 26.3g, Total Carbs 13g, Net Carbs 5g, Sugars 1.5g (from dairy and vegetables), Added sugar 0g, Fiber 8g, Sodium (estimated, may vary depending on your salt preference) 450mg.



# Noodle Soup

Servings: 2

## Ingredients:

- 40g Keto Pasta NaturaVia fettuccine (1 package 1.4oz)
- 2 teaspoons of flavorless avocado oil, ghee or refined coconut oil
- 1/4 small onion, chopped
- 1 clove garlic, finely chopped
- 1 large stalk of celery, chopped
- 1/2 carrot, chopped (optional; you can substitute with orange bell pepper or broccoli)
- 1 cup shredded chicken breast
- 2 cups of chicken broth
- Salt and pepper to taste
- Chopped cilantro

## Instructions:

1. Heat the oil or ghee in a pot over medium heat.
2. Add the onion and garlic, cook for 2 minutes. Add the carrot, cook for 3 minutes, stirring until soft, but not browned.
3. Add the celery and cook for 2 more minutes.
4. Increase the heat to medium-high. Pour in the chicken broth.
5. When it starts to boil, add the pasta and cook for 12 minutes or until the pasta is soft.
6. Add the chicken, stir, and season with salt and pepper to taste.
7. Serve the soup immediately, garnished with chopped cilantro.

**Nutritional Information per serving with carrot:** Calories 215Cal, Protein 24.5g, Fat 8g, Saturated fat 4g, Trans fat 0mg, Total Carbs 12g, Net Carbs 3g, Sugars 1.7g (from vegetables), Added sugar 0g, Fiber 9g, Sodium (estimated, may vary depending on your salt preference) 390mg



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