



## Beurre Blanc

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



529 kcal

SAUCE

### Ingredients

- 1.3 cups butter
- 2 tablespoons juice of lemon
- 0.3 teaspoon pepper
- 0.3 cup red wine vinegar
- 0.5 teaspoon salt
- 2 tablespoons shallots chopped
- 0.3 cup vermouth

### Equipment

sauce pan

whisk

## Directions

Cut butter into 14 equal portions. Set butter portions aside to soften.

Combine remaining ingredients in a small saucepan. Cook over high heat, stirring occasionally, until mixture is reduced to 1 1/2 tablespoons.

Add portions of butter, one at a time, to reduced cooking liquid, beating constantly with a wire whisk until butter melts and mixture turns white.

Remove from heat.

Serve immediately with baked or broiled fish.

## Nutrition Facts

 **PROTEIN 0.59%**  **FAT 97.84%**  **CARBS 1.57%**

## Properties

Glycemic Index:28, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:3.3069564900968%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 529.02kcal (26.45%), Fat: 57.56g (88.55%), Saturated Fat: 36.47g (227.92%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.63g (0.7%), Cholesterol: 152.52mg (50.84%), Sodium: 748.71mg (32.55%), Alcohol: 1.42g (100%), Alcohol %: 1.58% (100%), Protein: 0.78g (1.57%), Vitamin A: 1774.06IU (35.48%), Vitamin E: 1.66mg (11.07%), Vitamin K: 5.21µg (4.96%), Vitamin C: 3.38mg (4.09%), Phosphorus: 22.02mg (2.2%), Calcium: 20.95mg (2.1%), Vitamin B12: 0.12µg (2.01%), Manganese: 0.04mg (1.95%), Vitamin B2: 0.03mg (1.56%), Potassium: 49mg (1.4%), Folate: 5.35µg (1.34%), Vitamin B6: 0.02mg (1.16%), Selenium: 0.78µg (1.12%), Vitamin B5: 0.1mg (1.04%)