

Beurre Blanc Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



3

CALORIES



847 kcal

SAUCE

Ingredients

- 1 bay leaves
- 0.5 cup butter softened
- 0.3 cup wine dry white
- 2 teaspoons optional: dill fresh chopped
- 1 tablespoon juice of lemon
- 0.3 teaspoon pepper
- 0.3 cup pumpkin mashed
- 0.3 teaspoon salt

- 3 small shallots chopped
- 1 pint whipping cream

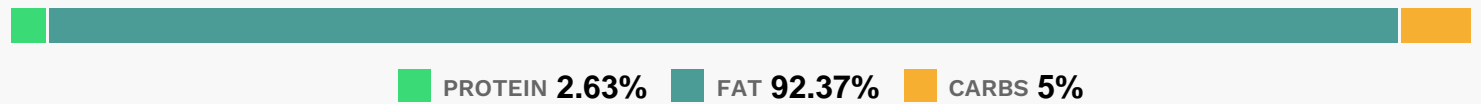
Equipment

- sauce pan
- whisk
- blender

Directions

- Bring first 3 ingredients to a boil in a large saucepan; reduce heat, and simmer until reduced by half.
- Remove and discard bay leaf. Stir in mashed pumpkin.
- Process white wine mixture in a blender until smooth, stopping to scrape down sides. Return mixture to saucepan, and whisk in whipping cream. Cook sauce over medium heat, whisking occasionally, 5 minutes.
- Whisk in butter and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:10.975652269695%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 846.85kcal (42.34%), Fat: 87.45g (134.54%), Saturated Fat: 42.61g (266.31%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.73g (3.54%), Sugar: 7.16g (7.95%), Cholesterol: 178.23mg (59.41%), Sodium: 597.37mg (25.97%), Alcohol: 2.06g (100%), Alcohol %: 1.02% (100%), Protein: 5.6g (11.19%), Vitamin A: 4504.2IU (90.08%), Vitamin B2: 0.33mg (19.44%), Vitamin E: 2.75mg (18.3%), Vitamin D: 2.52µg (16.82%), Calcium: 130.1mg (13.01%), Phosphorus: 123.78mg (12.38%), Potassium: 304.37mg (8.7%), Vitamin B6: 0.16mg (8.21%), Selenium: 5.1µg (7.28%), Vitamin C: 5.9mg (7.15%), Manganese: 0.14mg (6.8%), Vitamin B5: 0.55mg (5.53%), Vitamin K: 5.71µg (5.43%), Magnesium: 21.25mg (5.31%), Vitamin B12: 0.29µg (4.84%), Folate: 18.12µg (4.53%), Vitamin B1: 0.06mg (3.84%), Fiber: 0.92g (3.66%), Zinc: 0.54mg (3.6%), Iron: 0.63mg (3.5%), Copper: 0.06mg (2.79%), Vitamin B3: 0.25mg (1.24%)