



Brown Butter-Almond Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



384 kcal

SAUCE

Ingredients

- ☐ 2 ounces almonds sliced
- ☐ 0.5 cup butter
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh

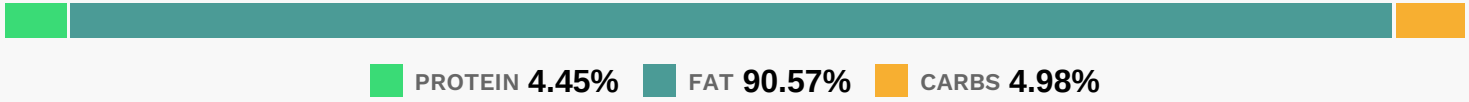
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add almonds; saut 2 to 4 minutes until golden brown. (Do not overcook or butter will burn.) Stir in lemon juice and parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:10.055652151937%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 383.85kcal (19.19%), Fat: 40.16g (61.78%), Saturated Fat: 20.17g (126.08%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 2.48g (0.9%), Sugar: 1.12g (1.24%), Cholesterol: 81.34mg (27.11%), Sodium: 245.05mg (10.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Vitamin K: 46.38µg (44.17%), Vitamin E: 5.75mg (38.34%), Vitamin A: 1170.88IU (23.42%), Manganese: 0.44mg (21.87%), Vitamin B2: 0.23mg (13.67%), Magnesium: 53.72mg (13.43%), Phosphorus: 102.33mg (10.23%), Copper: 0.2mg (10.01%), Fiber: 2.48g (9.92%), Vitamin C: 7.42mg (8.99%), Calcium: 64.2mg (6.42%), Potassium: 172.69mg (4.93%), Iron: 0.88mg (4.9%), Zinc: 0.66mg (4.38%), Folate: 15.5µg (3.88%), Vitamin B3: 0.74mg (3.72%), Vitamin B1: 0.05mg (3.02%), Vitamin B6: 0.03mg (1.7%), Selenium: 1.17µg (1.67%), Vitamin B5: 0.15mg (1.54%), Vitamin B12: 0.06µg (1.07%)