



Buerre Blanc Reduction



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



512 kcal

SAUCE

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 0.5 cup butter unsalted diced cold
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons heavy cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons rice wine vinegar
- ☐ 2 servings salt
- ☐ 1 tablespoon shallots minced

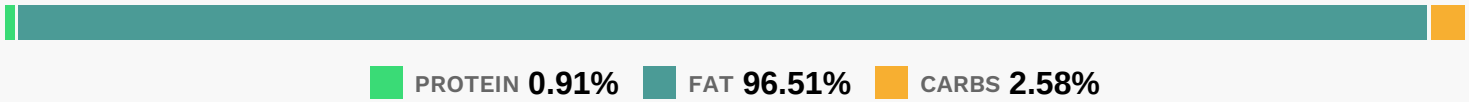
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ double boiler

Directions

- ☐ Combine wine and next 3 ingredients in a medium saucepan. Bring mixture to a boil over medium-high heat; cook 3 minutes or until mixture has reduced by half.
- ☐ Add cream, and cook 2 minutes or until mixture has reduced by half.
- ☐ Remove from heat.
- ☐ Pour mixture through a fine mesh strainer into the top of a double boiler over simmering water. Slowly whisk in butter, a few pieces at a time, until butter is melted and mixture is smooth. Season to taste with salt and pepper. Keep warm over simmering water.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:3.9882608911265%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 512.4kcal (25.62%), Fat: 51.46g (79.17%), Saturated Fat: 32.6g (203.78%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.51g (1.67%), Cholesterol: 138.96mg (46.32%), Sodium: 207.83mg (9.04%),

Alcohol: 6.18g (100%), Alcohol %: 5.41% (100%), Protein: 1.09g (2.19%), Vitamin A: 1639.58IU (32.79%), Vitamin E: 1.46mg (9.74%), Vitamin D: 1.09µg (7.27%), Manganese: 0.1mg (5.18%), Vitamin K: 4.9µg (4.66%), Phosphorus: 36.68mg (3.67%), Vitamin B2: 0.06mg (3.41%), Calcium: 31.78mg (3.18%), Vitamin B6: 0.06mg (2.78%), Potassium: 91.21mg (2.61%), Magnesium: 9.61mg (2.4%), Vitamin B12: 0.12µg (2.01%), Vitamin C: 1.46mg (1.77%), Selenium: 1.17µg (1.67%), Vitamin B5: 0.15mg (1.47%), Iron: 0.26mg (1.46%), Folate: 5.12µg (1.28%), Zinc: 0.18mg (1.22%)