



Butter Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



76 kcal

SAUCE

Ingredients

- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 1 Dash ground pepper red
- ☐ 1 tablespoon juice of lemon fresh

Equipment

- ☐ sauce pan
- ☐ whisk

Directions

☐ Heat lemon juice in a small saucepan over low heat. Gradually add pieces of butter, stirring constantly with a whisk until butter is melted and well blended. Stir in red pepper.

Nutrition Facts



PROTEIN 0.5% **FAT 98.76%** **CARBS 0.74%**

Properties

Glycemic Index:10.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.4669565162419%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 75.74kcal (3.79%), Fat: 8.52g (13.11%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.05g (0.06%), Cholesterol: 22.58mg (7.53%), Sodium: 67.54mg (2.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin A: 267.71IU (5.35%), Vitamin E: 0.25mg (1.67%)