



Buttery shallot bread sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

Ingredients

- ☐ 50 g butter
- ☐ 1 tbsp olive oil
- ☐ 10 shallots finely sliced (see tip, below)
- ☐ 6 cloves
- ☐ 3 thyme sprigs
- ☐ 1 bay leaves
- ☐ 600 ml milk
- ☐ 1 pinch pepper white
- ☐ 100 g breadcrumbs fresh white

- ☐ 5 tbsp double cream plus more to serve, if you like
- ☐ 0.3 tsp nutmeg freshly grated to taste

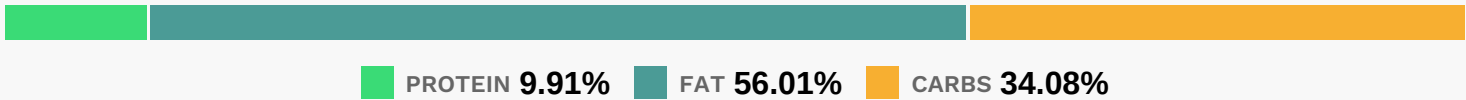
Equipment

- ☐ frying pan

Directions

- ☐ Heat the butter and oil in a pan, then add the shallots, cloves, thyme and bay and cook very, very gently for 15 mins until soft, translucent and pale golden.
- ☐ Remove the cloves, add the milk and pepper, then bring to a gentle simmer for 10 mins. Stir in the breadcrumbs, give it another 5 mins or so over a very low heat until the bread has plumped up nicely, then stir in the cream and nutmeg. Fish out the stalks from the thyme the leaves will have fallen off. Season to taste. To serve, grate over a little more nutmeg, drizzle with a little more cream and decorate with a bay leaf.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:7.2047826207202%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg

Nutrients (% of daily need)

Calories: 211.71kcal (10.59%), Fat: 13.42g (20.65%), Saturated Fat: 7.23g (45.19%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 16.69g (6.07%), Sugar: 7.26g (8.06%), Cholesterol: 33.31mg (11.1%), Sodium: 167.86mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Manganese: 0.31mg (15.5%), Calcium: 140.05mg (14%), Phosphorus: 125.19mg (12.52%), Vitamin B1: 0.19mg (12.39%), Vitamin B2: 0.19mg (10.9%), Vitamin A: 439.46IU (8.79%), Vitamin B6: 0.18mg (8.79%), Vitamin B12: 0.49µg (8.12%), Selenium: 5.35µg (7.64%), Potassium: 259.46mg (7.41%), Fiber: 1.69g (6.76%), Vitamin D: 1µg (6.67%), Folate: 24.85µg (6.21%), Iron: 1.09mg (6.07%), Magnesium: 23.15mg (5.79%), Vitamin B3: 0.99mg (4.96%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.66mg (4.43%), Vitamin C: 3.17mg (3.84%), Vitamin E: 0.56mg (3.72%), Copper: 0.06mg (3.24%), Vitamin K: 3.31µg (3.15%)