



Cilantro-Lime Cream Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

SAUCE

Ingredients

- ☐ 0.8 cup butter
- ☐ 0.5 cup condensed chicken broth undiluted
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 6 garlic cloves chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup whipping cream
- ☐ 0.5 cup white wine

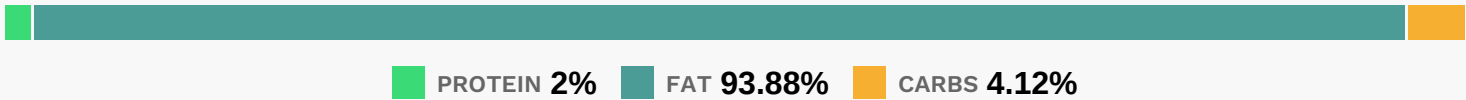
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add garlic and cilantro; cook 1 minute.
- ☐ Stir in wine, lime juice, and broth.
- ☐ Process mixture in a blender until smooth. Return mixture to saucepan, and stir in cream.
Cook over medium-high heat just until mixture boils.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:6.6260869658512%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 545.24kcal (27.26%), Fat: 56.11g (86.33%), Saturated Fat: 35.57g (222.32%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 5.27g (1.92%), Sugar: 2.51g (2.79%), Cholesterol: 159.33mg (53.11%), Sodium: 403.13mg (17.53%), Alcohol: 3.09g (100%), Alcohol %: 2.12% (100%), Protein: 2.7g (5.39%), Vitamin A: 2216.76IU (44.34%), Vitamin K: 17.57µg (16.73%), Vitamin E: 1.68mg (11.22%), Vitamin B2: 0.16mg (9.52%), Vitamin C: 7.38mg (8.94%), Manganese: 0.14mg (7.21%), Calcium: 66.3mg (6.63%), Vitamin D: 0.95µg (6.35%), Phosphorus: 62.22mg (6.22%), Vitamin B6: 0.1mg (5.23%), Selenium: 3.05µg (4.35%), Potassium: 149.91mg (4.28%), Magnesium: 11.69mg (2.92%), Vitamin B12: 0.17µg (2.89%), Vitamin B5: 0.28mg (2.83%), Vitamin B1: 0.04mg (2.48%), Zinc: 0.32mg (2.15%), Folate: 8.08µg (2.02%), Copper: 0.04mg (1.93%), Iron: 0.33mg (1.84%), Vitamin B3: 0.25mg (1.25%), Fiber: 0.27g (1.07%)