



Citrus Beurre Blanc



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



325 kcal

SAUCE

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2.5 tablespoons wine dry white
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon juice of lime
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon orange juice
- ☐ 2 teaspoons orange zest

- ☐ 4 servings salt
- ☐ 1.5 teaspoons shallots minced
- ☐ 4 servings pepper white
- ☐ 1 tablespoon citrus champagne vinegar

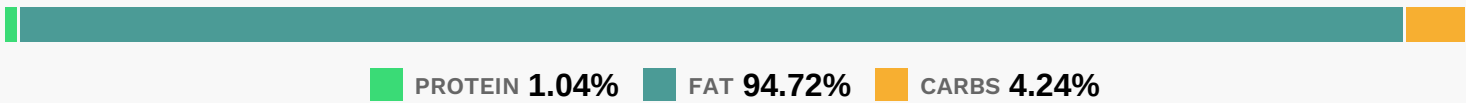
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together wine, juices, shallots, and cream in a medium saucepan and season with salt and pepper. Bring to a boil over medium heat, whisking occasionally, and boil until reduced by half.
- ☐ Reduce heat to low and whisk in butter, 1 tbsp. at a time. Immediately remove from heat.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:3.5034782692142%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 325.16kcal (16.26%), Fat: 34.29g (52.75%), Saturated Fat: 13.05g (81.55%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.76g (1%), Sugar: 1.11g (1.23%), Cholesterol: 46.91mg (15.64%), Sodium: 289.32mg (12.58%), Alcohol: 0.97g (100%), Alcohol %: 1.62% (100%), Protein: 0.85g (1.7%), Vitamin E: 3mg (20%), Vitamin A: 583.35IU (11.67%), Vitamin K: 12.06µg (11.49%), Vitamin C: 6.65mg (8.06%), Manganese: 0.1mg (5.16%), Fiber: 0.69g (2.76%),

Iron: 0.48mg (2.65%), Vitamin B2: 0.04mg (2.36%), Calcium: 22.95mg (2.29%), Phosphorus: 19.7mg (1.97%),
Vitamin D: 0.24µg (1.59%), Magnesium: 5.58mg (1.4%), Potassium: 48.66mg (1.39%), Copper: 0.03mg (1.29%),
Vitamin B6: 0.02mg (1.08%), Folate: 4.26µg (1.07%)