



Creamy Wine Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



322 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup whipping cream
- ☐ 1 cup white wine fruity

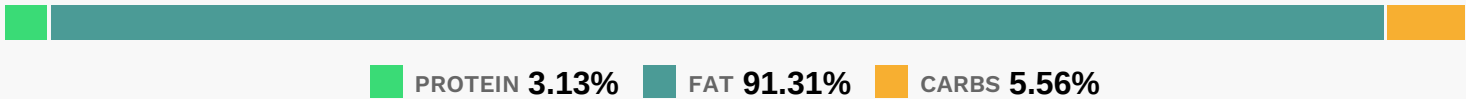
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring wine and lemon juice to a boil in a saucepan over medium-high heat. Boil 6 to 8 minutes or until mixture is reduced by half.
- ☐ Whisk in whipping cream. Cook 3 to 4 minutes, whisking constantly, until thickened.
- ☐ Reduce heat to simmer, and whisk in soy sauce and butter until butter is melted.
- ☐ * White grape juice may be substituted for wine.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:3.5086956244448%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 322.31kcal (16.12%), Fat: 27.48g (42.28%), Saturated Fat: 8.78g (54.85%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.66g (1.33%), Sugar: 1.64g (1.82%), Cholesterol: 22.41mg (7.47%), Sodium: 917.55mg (39.89%), Alcohol: 8.24g (100%), Alcohol %: 7.44% (100%), Protein: 2.12g (4.24%), Vitamin A: 1193.95IU (23.88%), Manganese: 0.15mg (7.7%), Vitamin E: 0.97mg (6.46%), Phosphorus: 47.57mg (4.76%), Vitamin B2: 0.08mg (4.55%), Magnesium: 15.15mg (3.79%), Vitamin B6: 0.07mg (3.74%), Potassium: 115.11mg (3.29%), Calcium: 30.46mg (3.05%), Iron: 0.52mg (2.91%), Vitamin B3: 0.58mg (2.91%), Vitamin D: 0.32µg (2.12%), Vitamin C: 1.46mg (1.77%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.2mg (1.31%), Vitamin B1: 0.02mg (1.22%), Folate: 4.67µg (1.17%), Copper: 0.02mg (1.11%), Selenium: 0.77µg (1.11%)