

# Cucumber Beurre Blanc



Vegetarian



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

421 kcal

SAUCE

## Ingredients



4 cups cucumber peeled chopped



0.1 teaspoon ground pepper white



3 tablespoons juice of lemon fresh



0.3 teaspoon salt



1 cup butter unsalted cut into pieces



0.5 cup whipping cream

## Equipment



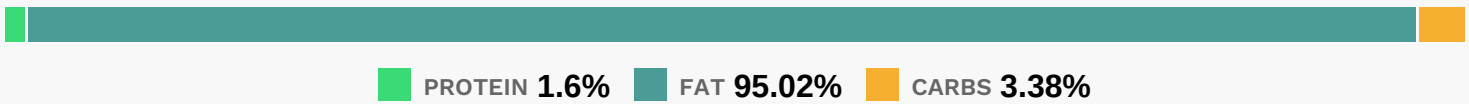
food processor

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Process cucumber in a food processor until liquified. Strain and measure 1 cup cucumber liquid.
- ☐ Combine cucumber liquid, cream, and lemon juice in a saucepan; bring mixture to a boil. Reduce heat, and simmer 25 to 30 minutes or until reduced to 1/2 cup.
- ☐ Reduce heat to low; whisk in butter, 1 piece at a time. (Do not overheat or sauce will separate.) Stir in salt and ground white pepper.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:5.4026086498862%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 421.33kcal (21.07%), Fat: 45.61g (70.17%), Saturated Fat: 28.81g (180.08%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.42g (2.69%), Cholesterol: 124.5mg (41.5%), Sodium: 129.91mg (5.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin A: 1561.55IU (31.23%), Vitamin K: 11.6µg (11.05%), Vitamin E: 1.32mg (8.78%), Vitamin C: 7.04mg (8.53%), Vitamin D: 1.06µg (7.08%), Potassium: 187.54mg (5.36%), Vitamin B2: 0.09mg (5.19%), Phosphorus: 47.85mg (4.79%), Folate: 19.01µg (4.75%), Copper: 0.09mg (4.37%), Calcium: 42.24mg (4.22%), Manganese: 0.08mg (4.16%), Magnesium: 15.93mg (3.98%), Vitamin B5: 0.38mg (3.78%), Vitamin B6: 0.07mg (3.41%), Fiber: 0.78g (3.14%), Vitamin B1: 0.04mg (2.81%), Vitamin B12: 0.12µg (1.92%), Zinc: 0.28mg (1.89%), Selenium: 1.29µg (1.84%), Iron: 0.28mg (1.57%)