



Curry-Lime Butter

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.1 teaspoon ground turmeric
- ☐ 1.3 cups heavy whipping cream divided
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.3 teaspoons thai curry paste green
- ☐ 0.3 cup butter unsalted softened

☐ 0.8 teaspoon worcestershire sauce

Equipment

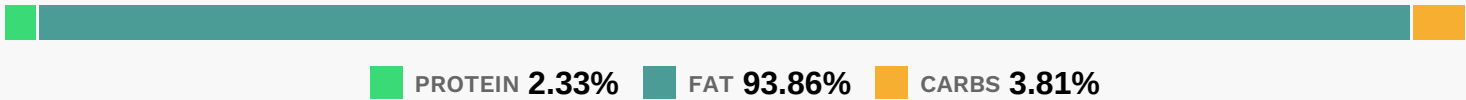
☐ sauce pan

☐ hand mixer

Directions

- ☐ Bring 1 cup cream and next 6 ingredients to a boil in a 2 1/2-quart saucepan, reduce heat to medium, and cook until reduced to 1/2 cup.
- ☐ Let curry-lime cream cool to room temperature.
- ☐ Beat remaining 1/4 cup whipping cream and butter with an electric mixer until light and fluffy. Beat in curry-lime cream, 2 tablespoons at a time. Beat in salt.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:3.7643478240656%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 320.85kcal (16.04%), Fat: 33.87g (52.11%), Saturated Fat: 21.5g (134.39%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.24g (2.49%), Cholesterol: 99.77mg (33.26%), Sodium: 146.23mg (6.36%), Alcohol: 0.62g (100%), Alcohol %: 0.82% (100%), Protein: 1.89g (3.78%), Vitamin A: 1453.78IU (29.08%), Vitamin D: 1.18µg (7.86%), Vitamin B2: 0.12mg (7.12%), Vitamin E: 0.92mg (6.15%), Vitamin C: 4.71mg (5.71%), Calcium: 47.52mg (4.75%), Phosphorus: 41.22mg (4.12%), Vitamin K: 3.04µg (2.89%), Selenium: 1.96µg (2.8%), Potassium: 86.1mg (2.46%), Vitamin B12: 0.12µg (2.02%), Vitamin B5: 0.19mg (1.86%), Magnesium: 6.12mg (1.53%), Vitamin B6: 0.03mg (1.51%), Folate: 4.79µg (1.2%), Zinc: 0.18mg (1.17%), Vitamin B1: 0.02mg (1.11%), Iron: 0.19mg (1.06%)