



Golden Rum-Butter Sauce

 Vegetarian  Gluten Free

READY IN



16 min.

SERVINGS



10

CALORIES



44 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons butter
- 1 garlic clove minced
- 1 teaspoon honey
- 2 tablespoons juice of lemon fresh
- 2 tablespoons orange juice fresh
- 2 tablespoons rum
- 0.5 teaspoon salt
- 1 shallots minced

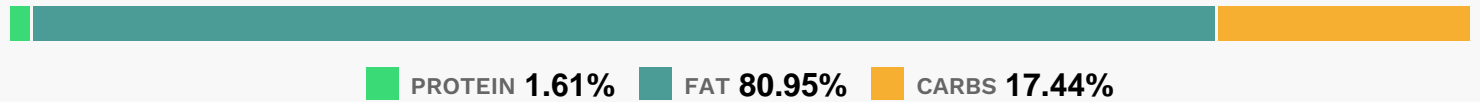
Equipment

- frying pan
- whisk

Directions

- Melt 1 Tbsp. butter in a small skillet over medium-high heat; add shallot and garlic, and cook, stirring occasionally, 5 minutes or until shallot is tender. Reduce heat to low, and slowly whisk in rum, next 4 ingredients, and remaining 2 Tbsp. butter. Cook, stirring occasionally, 1 minute; serve warm.
- *Fresh lemon juice may be substituted.

Nutrition Facts



Properties

Glycemic Index:22.93, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:0.57956521310236%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 43.61kcal (2.18%), Fat: 3.42g (5.27%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.56g (0.57%), Sugar: 1.14g (1.26%), Cholesterol: 9.03mg (3.01%), Sodium: 143.75mg (6.25%), Alcohol: 1g (100%), Alcohol %: 7.3% (100%), Protein: 0.15g (0.31%), Vitamin C: 3.16mg (3.83%), Vitamin A: 112.07IU (2.24%)