



Key Lime Beurre Blanc



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

SAUCE

Ingredients

- ☐ 1.5 teaspoons chives fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons key lime juice fresh
- ☐ 0.5 teaspoon lime zest
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 cup butter unsalted chilled cut into small pieces
- ☐ 2 tablespoons whipping cream

- ☐ 0.3 cup white wine
- ☐ 2 teaspoons citrus champagne vinegar

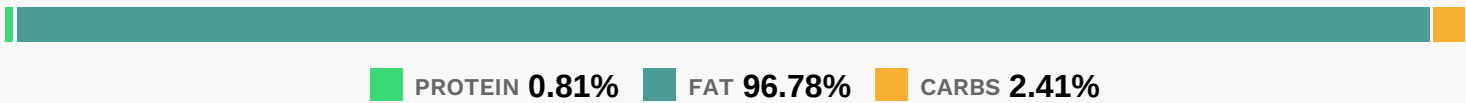
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine first 5 ingredients in a small skillet; cook over medium heat until reduced to 3 tablespoons. Stir in whipping cream, and cook until reduced to 3 tablespoons.
- ☐ Reduce heat to medium-low; add butter, 1 tablespoon at a time, stirring until butter melts.
- ☐ Remove from heat; strain through a metal sieve. Stir in lime zest and salt. Keep warm. Stir in chives just before serving.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:3.6304347813129%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 456.43kcal (22.82%), Fat: 48.76g (75.01%), Saturated Fat: 30.88g (192.99%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.04g (1.16%), Cholesterol: 130.49mg (43.5%), Sodium: 446.4mg (19.41%), Alcohol: 2.06g (100%), Alcohol %: 2.48% (100%), Protein: 0.92g (1.84%), Vitamin A: 1550.74IU (31.01%), Vitamin E: 1.41mg (9.43%), Vitamin D: 0.97µg (6.47%), Vitamin C: 4.24mg (5.14%), Vitamin K: 5.21µg (4.96%),

Phosphorus: 27.18mg (2.72%), Manganese: 0.05mg (2.62%), Calcium: 25.32mg (2.53%), Vitamin B2: 0.04mg (2.35%), Vitamin B6: 0.04mg (2.06%), Potassium: 68.74mg (1.96%), Vitamin B12: 0.11µg (1.81%), Magnesium: 5.99mg (1.5%), Folate: 5.45µg (1.36%), Selenium: 0.94µg (1.35%), Vitamin B5: 0.12mg (1.23%), Copper: 0.02mg (1.03%)