



Lemon-Butter Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



43 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 tablespoon parsley fresh chopped
- 1.5 teaspoons juice of lemon
- 0.1 teaspoon pepper
- 0.8 teaspoon salt
- 2 cups water

Equipment

sauce pan

Directions

Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add water; cook over medium heat, stirring frequently, 20 minutes or until thickened and bubbly. Stir in parsley, lemon juice, salt, and pepper.

Nutrition Facts



PROTEIN 2.97% **FAT 78.22%** **CARBS 18.81%**

Properties

Glycemic Index:31.5, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:1.2369565283475%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 43.18kcal (2.16%), Fat: 3.82g (5.88%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.05g (0.05%), Cholesterol: 10.03mg (3.34%), Sodium: 325.08mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin K: 11.34µg (10.8%), Vitamin A: 173.08IU (3.46%), Vitamin C: 1.37mg (1.66%), Folate: 5.99µg (1.5%), Vitamin B1: 0.02mg (1.39%), Selenium: 0.9µg (1.28%), Manganese: 0.02mg (1.22%)