

Lemon-Garlic Butter Sauce for Seafood

READY IN



20 min.

SERVINGS



8

CALORIES



238 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup bottled clam juice
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 Tbsp flour
- ☐ 1 Tbsp garlic minced
- ☐ 1 Tbsp juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 1 Tbsp shallots minced
- ☐ 0.5 pound butter unsalted (2 sticks)

- ☐ 0.5 teaspoon pepper white
- ☐ 0.5 cup milk whole

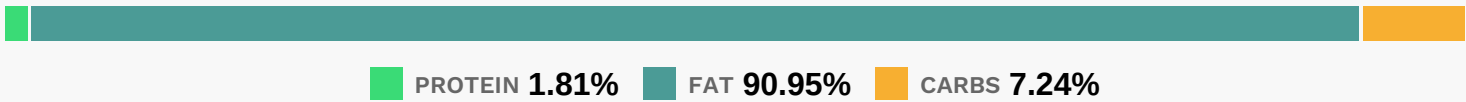
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Reduce first six ingredients (clam juice, sherry, whole milk, garlic, shallots, bay leaf) by half in a small saucepan, cooking on medium to medium-high heat.2 In a separate saucepan (1-qt minimum) prepare the roux.
- ☐ Heat one tablespoon of butter in the saucepan on medium heat until it is foamy.
- ☐ Sprinkle in the flour, stirring a couple of minutes with a metal whisk until well mixed (tan, but not browned).3 Slowly add the reduced mixture to the roux, stirring quickly to incorporate. When you first add some of the mixture, the roux will bubble up. Just keep adding the mixture and keep whisking to incorporate.4 Lower the heat to low. Slowly whisk in the butter, 2 tablespoons at a time.
- ☐ Add lemon juice, salt, and white pepper.
- ☐ Add some more clam stock or water if the sauce is too thick.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:2.47999999957499%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.44kcal (11.92%), Fat: 23.54g (36.21%), Saturated Fat: 14.85g (92.82%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.03g (1.47%), Sugar: 1.54g (1.71%), Cholesterol: 62.78mg (20.93%), Sodium: 208.9mg (9.08%), Alcohol: 1.54g (100%), Alcohol %: 2.48% (100%), Protein: 1.05g (2.11%), Vitamin A: 756.22IU (15.12%), Vitamin E: 0.69mg (4.58%), Vitamin D: 0.59µg (3.95%), Calcium: 31.15mg (3.11%), Phosphorus: 30.21mg (3.02%), Manganese: 0.06mg (2.89%), Vitamin B2: 0.04mg (2.42%), Vitamin C: 1.91mg (2.31%), Vitamin B12: 0.14µg (2.25%), Vitamin B6: 0.05mg (2.25%), Vitamin K: 2.12µg (2.02%), Potassium: 64.8mg (1.85%), Vitamin B1: 0.02mg (1.63%), Selenium: 1.13µg (1.61%), Magnesium: 5.6mg (1.4%), Vitamin B5: 0.12mg (1.23%), Folate: 4.76µg (1.19%)