



Lemon Velvet Butter Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



218 kcal

SAUCE

Ingredients

- 1 cup land o lakes® butter cut into pieces
- 0.3 cup cooking wine dry white
- 1 tablespoon flour all-purpose
- 12 servings ground pepper white
- 4 teaspoons juice of lemon fresh
- 12 servings salt
- 2 tablespoons shallots finely chopped
- 1 cup whipping cream

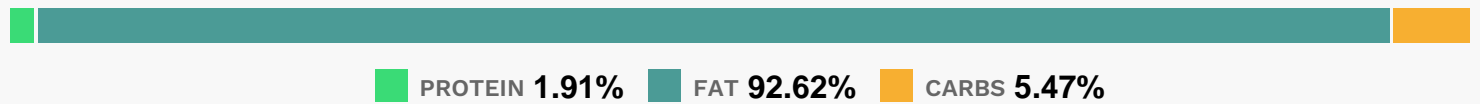
Equipment

- frying pan
- whisk

Directions

- Combine wine, shallots and lemon juice in 10-inch skillet. Cook over medium-high heat until mixture comes to a boil (5 to 7 minutes). Continue boiling until liquid almost evaporates (4 to 5 minutes).
- Reduce heat to medium-low.
- Add flour; mix well. Slowly stir in cream with wire whisk until well mixed. Cook, stirring constantly, until mixture boils (1 to 2 minutes). Stir in butter until melted; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:2.3121739133545%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 218.29kcal (10.91%), Fat: 22.56g (34.7%), Saturated Fat: 14.3g (89.37%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.83g (0.92%), Cholesterol: 63.08mg (21.03%), Sodium: 321.44mg (13.98%), Alcohol: 0.69g (100%), Alcohol %: 1.68% (100%), Protein: 1.05g (2.1%), Vitamin A: 764.44IU (15.29%), Manganese: 0.1mg (5.19%), Vitamin E: 0.62mg (4.17%), Vitamin B2: 0.05mg (2.99%), Calcium: 24.46mg (2.45%), Fiber: 0.6g (2.4%), Phosphorus: 22.57mg (2.26%), Vitamin D: 0.32µg (2.12%), Iron: 0.38mg (2.11%), Vitamin K: 2µg (1.91%), Vitamin C: 1.32mg (1.6%), Selenium: 1.09µg (1.55%), Magnesium: 4.83mg (1.21%), Copper: 0.02mg (1.17%), Potassium: 37.57mg (1.07%), Vitamin B12: 0.06µg (1.06%)