



Orange Butter Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

SAUCE

Ingredients

- ☐ 1 cup butter chilled cut into 1-inch pieces
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups orange juice fresh
- ☐ 0.3 cup orange zest (3 oranges)
- ☐ 1 teaspoon pepper freshly ground

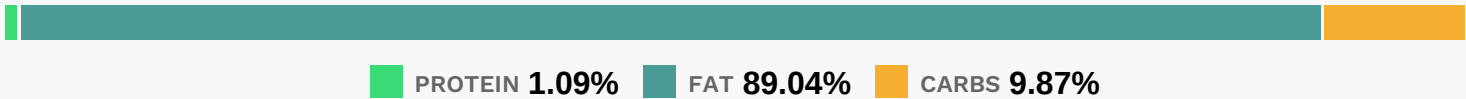
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Stir together first 4 ingredients in a nonaluminum saucepan; bring to a boil. Cook over medium-high heat 25 minutes or until mixture is reduced to 1/4 cup.
- ☐ Remove from heat.
- ☐ Gradually whisk butter into orange juice mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.34, Inflammation Score:-6, Nutrition Score:4.9139129726783%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 303.88kcal (15.19%), Fat: 30.83g (47.42%), Saturated Fat: 19.47g (121.67%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 7.05g (2.56%), Sugar: 5.23g (5.81%), Cholesterol: 81.34mg (27.11%), Sodium: 631.66mg (27.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin C: 36.44mg (44.17%), Vitamin A: 1088.08IU (21.76%), Vitamin E: 0.92mg (6.11%), Folate: 20.99µg (5.25%), Vitamin B1: 0.06mg (4.19%), Potassium: 146.07mg (4.17%), Vitamin K: 3.26µg (3.1%), Manganese: 0.05mg (2.61%), Fiber: 0.63g (2.53%), Calcium: 24.06mg (2.41%), Magnesium: 9.04mg (2.26%), Phosphorus: 20.99mg (2.1%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.18mg (1.84%), Copper: 0.04mg (1.78%), Vitamin B6: 0.03mg (1.7%), Vitamin B3: 0.3mg (1.52%), Iron: 0.2mg (1.11%), Vitamin B12: 0.06µg (1.07%)