



Orange Butter Sauce (Beurre Blanc) for Seafood



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



463 kcal

SAUCE

Ingredients

- ☐ 2 oranges
- ☐ 0.5 cup white wine
- ☐ 2 teaspoons shallots minced
- ☐ 0.5 pound butter unsalted (2 sticks)
- ☐ 4 servings salt and pepper white

Equipment

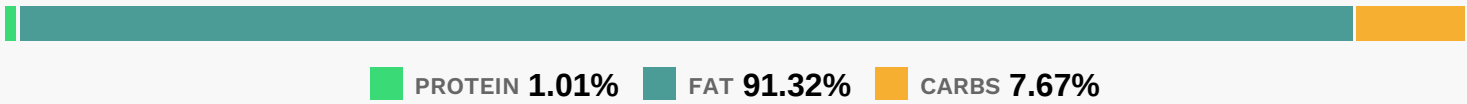
- ☐ sauce pan

☐ whisk

Directions

- ☐ Make a syrup with orange zest, orange juice, wine, and shallots: Zest half of one orange (about 2 teaspoons) and juice the two oranges (about 3/4 cup).
- ☐ Put the juice, zest, wine and shallots in a sauce pan on medium high heat.
- ☐ Cook until it is syrupy and almost gone.
- ☐ Slowly whisk in butter: On low heat, whisk in the butter continuously and vigorously, 1 tablespoon at a time.
- ☐ Butter is the only emulsifier for this sauce, and if you slowly add it, continuously stirring, the sauce will achieve a silky smooth texture. Do not let the sauce boil!
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:6.1939132161762%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 17.97mg, Hesperetin: 17.97mg, Hesperetin: 17.97mg, Hesperetin: 17.97mg Naringenin: 10.15mg, Naringenin: 10.15mg, Naringenin: 10.15mg, Naringenin: 10.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 462.64kcal (23.13%), Fat: 46.07g (70.87%), Saturated Fat: 29.14g (182.09%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 7.11g (2.58%), Sugar: 6.53g (7.25%), Cholesterol: 121.9mg (40.63%), Sodium: 201.65mg (8.77%), Alcohol: 3.09g (100%), Alcohol %: 2.55% (100%), Protein: 1.14g (2.29%), Vitamin C: 34.93mg (42.33%), Vitamin A: 1564.32IU (31.29%), Vitamin E: 1.43mg (9.56%), Fiber: 1.6g (6.42%), Vitamin D: 0.85µg (5.67%), Folate: 21.99µg (5.5%), Potassium: 156.84mg (4.48%), Calcium: 43mg (4.3%), Vitamin B1: 0.06mg (4.13%), Vitamin K: 4.1µg (3.9%), Vitamin B6: 0.06mg (2.97%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 28.78mg (2.88%), Manganese: 0.06mg (2.86%), Magnesium: 10.9mg (2.72%), Vitamin B5: 0.24mg (2.43%), Copper: 0.04mg (2.04%), Vitamin B12: 0.1µg

(1.61%), Selenium: 0.94µg (1.34%), Vitamin B3: 0.24mg (1.21%)