



Reddened Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon blackened seasoning
- ☐ 0.3 cup butter cut into small pieces
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon onion minced

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ 2 cups whipping cream

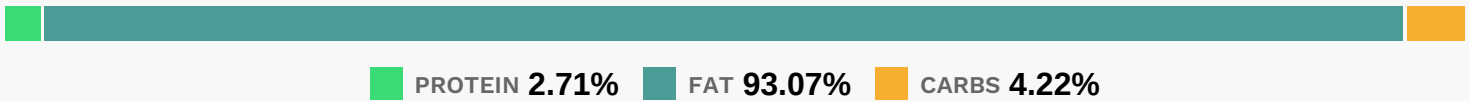
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Saut onion and garlic in hot oil in a small saucepan over medium-high heat 2 minutes or until tender; add wine and lemon juice. Bring to a boil; reduce heat, and simmer, uncovered, 6 minutes.
- ☐ Whisk in tomato paste and whipping cream. Simmer 25 to 30 minutes or until mixture is reduced by half, stirring occasionally. Stir in remaining ingredients.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:4.5552173775175%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 379.28kcal (18.96%), Fat: 38.67g (59.5%), Saturated Fat: 23.44g (146.48%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.04g (3.38%), Cholesterol: 109.98mg (36.66%), Sodium: 290.26mg (12.62%), Alcohol: 2.06g (100%), Alcohol %: 2.15% (100%), Protein: 2.53g (5.06%), Vitamin A: 1445.01IU (28.9%), Vitamin B2: 0.16mg (9.48%), Vitamin E: 1.41mg (9.39%), Vitamin D: 1.27µg (8.46%), Calcium: 59.08mg (5.91%), Phosphorus: 55.75mg (5.58%), Vitamin K: 5.28µg (5.03%), Vitamin C: 3.3mg (4%), Selenium: 2.72µg (3.89%), Potassium: 128.6mg (3.67%), Vitamin B6: 0.05mg (2.72%), Vitamin B12: 0.14µg (2.38%), Vitamin B5: 0.24mg (2.37%), Magnesium: 9.47mg (2.37%), Manganese: 0.04mg (2.18%), Zinc: 0.25mg (1.68%), Vitamin B1: 0.02mg (1.46%), Iron: 0.25mg (1.36%), Folate: 5.33µg (1.33%), Copper: 0.02mg (1.12%)