



Rosemary-Butter Sauce



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



235 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 teaspoon juice of lemon
- ☐ 4 servings salt to taste
- ☐ 3 tablespoons shallots minced

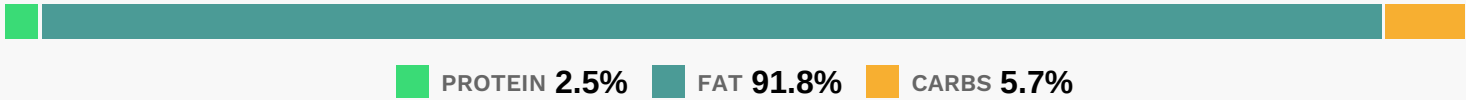
Equipment

☐ sauce pan

Directions

- ☐ Melt the butter in a small saucepan over medium heat. Stir in the shallot; cook until the shallot has softened and turned translucent, about 3 minutes.
- ☐ Pour in the wine, cream, chicken broth, and lemon juice. Simmer until the liquid has reduced by half, about 10 minutes. Stir in the rosemary, season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:2.6173913219701%

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 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 234.98kcal (11.75%), Fat: 22.32g (34.34%), Saturated Fat: 14.14g (88.39%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.91g (2.13%), Cholesterol: 64.71mg (21.57%), Sodium: 404.45mg (17.58%), Alcohol: 3.09g (100%), Alcohol %: 3.48% (100%), Protein: 1.37g (2.74%), Vitamin A: 794.3IU (15.89%), Vitamin B2: 0.08mg (4.96%), Vitamin E: 0.62mg (4.13%), Manganese: 0.07mg (3.6%), Phosphorus: 31.87mg (3.19%), Vitamin D: 0.48µg (3.17%), Calcium: 30.04mg (3%), Vitamin B6: 0.05mg (2.62%), Potassium: 84.97mg (2.43%), Vitamin K: 2.13µg (2.02%), Magnesium: 7.36mg (1.84%), Selenium: 1.27µg (1.82%), Vitamin C: 1.27mg (1.54%), Vitamin B5: 0.13mg (1.31%), Vitamin B12: 0.08µg (1.29%), Iron: 0.23mg (1.28%), Vitamin B1: 0.02mg (1.28%), Folate: 4.77µg (1.19%), Zinc: 0.17mg (1.15%)