



## Saffron Beurre Blanc

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



417 kcal

SAUCE

### Ingredients

- 1 bay leaf
- 1 cup cooking wine dry white
- 0.3 cup heavy whipping cream
- 0.3 teaspoon pepper freshly ground
- 1 pinch saffron threads
- 0.1 teaspoon salt
- 2 shallots coarsely chopped
- 1 sprig thyme leaves

0.5 cup butter unsalted cold cut into pieces

## Equipment

sauce pan

whisk

## Directions

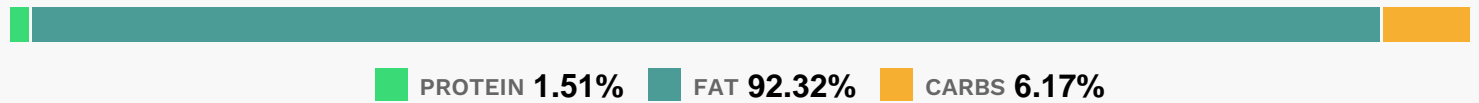
Combine first 4 ingredients in a saucepan. Bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes or until liquid is reduced to 1/3 cup.

Add cream and saffron; return to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until liquid is reduced to 1/3 cup, remove from heat;

Whisk in cold butter gradually until smooth. Strain, discarding solids.

Whisk in salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:1.04, Inflammation Score:-8, Nutrition Score:4.2213043466858%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 417.21kcal (20.86%), Fat: 37.88g (58.27%), Saturated Fat: 24g (150.02%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.06g (1.84%), Sugar: 2.68g (2.98%), Cholesterol: 103.75mg (34.58%), Sodium: 112.51mg (4.89%), Alcohol: 8.24g (100%), Alcohol %: 6.73% (100%), Protein: 1.4g (2.8%), Vitamin A: 1256.57IU (25.13%), Manganese: 0.18mg (8.93%), Vitamin E: 1.07mg (7.12%), Vitamin D: 0.88µg (5.9%), Vitamin B6: 0.11mg (5.4%), Phosphorus:

45.68mg (4.57%), Potassium: 145.12mg (4.15%), Vitamin B2: 0.07mg (3.97%), Vitamin K: 4.01µg (3.82%), Calcium: 37.98mg (3.8%), Magnesium: 14.55mg (3.64%), Iron: 0.53mg (2.97%), Fiber: 0.63g (2.53%), Vitamin C: 2.02mg (2.44%), Folate: 8.65µg (2.16%), Selenium: 1.26µg (1.81%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.1µg (1.6%), Copper: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.35%)