



Saffron Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



339 kcal

SAUCE

Ingredients

- 0.3 cup butter
- 2 cups champagne
- 0.3 teaspoon ground pepper white
- 0.3 teaspoon saffron threads
- 0.5 teaspoon salt
- 6 small shallots chopped
- 1 cup whipping cream

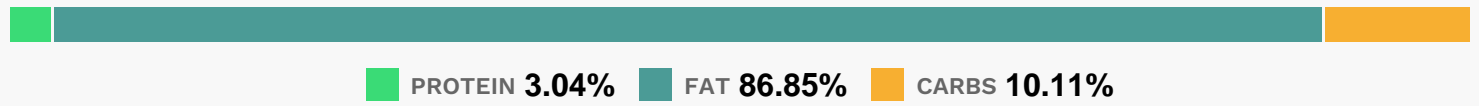
Equipment

- bowl
- frying pan
- sieve

Directions

- Melt butter in a large skillet; add shallots, and saute 2 to 3 minutes or until tender. Stir in champagne, and cook 7 to 9 minutes or until reduced by half. Stir in whipping cream, salt, pepper, and saffron; bring to a boil. Reduce heat, and simmer, stirring constantly, 5 minutes.
- Pour sauce through a wire-mesh strainer into a bowl, discarding shallots and saffron.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:4.7078260986701%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 338.82kcal (16.94%), Fat: 29.4g (45.23%), Saturated Fat: 13.48g (84.26%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.72g (2.44%), Sugar: 4.84g (5.37%), Cholesterol: 53.79mg (17.93%), Sodium: 398.33mg (17.32%), Alcohol: 6.04g (100%), Alcohol %: 4.08% (100%), Protein: 2.32g (4.63%), Vitamin A: 1242.27IU (24.85%), Vitamin B6: 0.14mg (7.03%), Potassium: 235.06mg (6.72%), Vitamin B2: 0.11mg (6.51%), Phosphorus: 63.44mg (6.34%), Vitamin E: 0.92mg (6.13%), Calcium: 55.97mg (5.6%), Vitamin D: 0.76µg (5.08%), Magnesium: 19.64mg (4.91%), Manganese: 0.09mg (4.72%), Iron: 0.8mg (4.46%), Fiber: 0.99g (3.95%), Vitamin C: 2.74mg (3.32%), Folate: 13.21µg (3.3%), Selenium: 1.98µg (2.83%), Vitamin B5: 0.22mg (2.21%), Copper: 0.04mg (2.16%), Zinc: 0.31mg (2.08%), Vitamin B1: 0.03mg (1.94%), Vitamin K: 1.76µg (1.68%), Vitamin B12: 0.09µg (1.52%)