



Samphire with Lemon and Butter Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



101 kcal

SIDE DISH

Ingredients

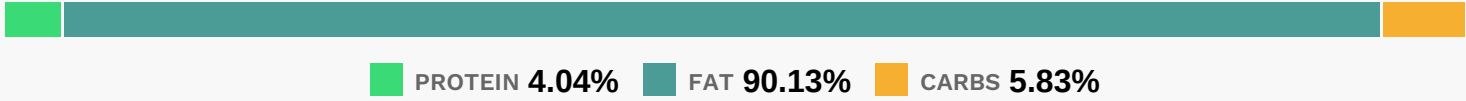
- ☐ 2 servings pepper black freshly ground
- ☐ 1 clove garlic pressed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 150 g samphire – and trim away any damaged parts and the woody ends rinsed
- ☐ 25 g butter unsalted

Equipment

Directions

☐ Steam the samphire for about 4 mins.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:1.1456521778651%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 101.26kcal (5.06%), Fat: 10.54g (16.22%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.59g (0.65%), Cholesterol: 26.88mg (8.96%), Sodium: 1576.72mg (68.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin A: 313.51IU (6.27%), Vitamin C: 3.37mg (4.09%), Fiber: 0.75g (3.02%), Vitamin E: 0.3mg (2.02%), Manganese: 0.04mg (1.96%), Vitamin D: 0.19µg (1.25%), Vitamin B6: 0.02mg (1.14%), Vitamin K: 1.06µg (1.01%)