



Soy Beurre Blanc

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SAUCE

Ingredients

- ☐ 1.5 cups cooking wine dry white
- ☐ 0.5 cup seasoned rice vinegar
- ☐ 1 shallots sliced
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons butter unsalted very cold cut into small cubes and
- ☐ 2 teaspoons peppercorns whole

Equipment

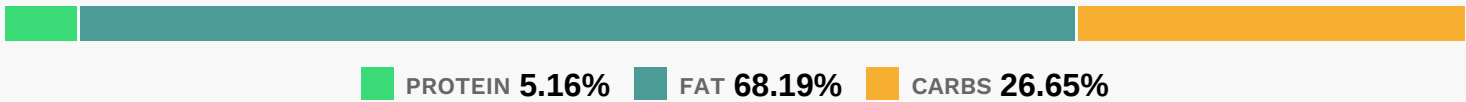
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ In a medium saucepan, melt 2 tablespoons butter over medium-low heat.
- ☐ Add the shallots and cook until softened, 3 to 4 minutes.
- ☐ Add the wine, vinegar, peppercorns, and soy sauce, bring to a simmer, and cook until the liquid is syrupy and reduced to about 1/4 cup, 20 to 25 minutes.
- ☐ Strain the liquid through a fine mesh strainer, discard the shallots and return the liquid to the pan. Return to medium-low heat and bring to a low simmer, allowing the liquid to reduce a bit more. While whisking constantly, slowly add about 3/4 of the cold butter cubes, a couple at a time, until emulsified. Turn off the heat and continue whisking while slowly adding the remaining butter cubes; whisk very well until thick and creamy.
- ☐ Use immediately or store in a warmed thermos bottle or covered in a glass bowl set over warm water until ready to serve. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:2.9578260526709%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 142.45kcal (7.12%), Fat: 5.76g (8.86%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.46g (1.63%), Cholesterol: 15.05mg (5.02%), Sodium: 258.47mg (11.24%), Alcohol: 9.27g (100%), Alcohol %: 8.28% (100%), Protein: 0.98g (1.96%), Manganese: 0.44mg (22.22%), Vitamin K: 4.5µg (4.29%), Vitamin B6: 0.08mg (4.11%), Magnesium: 16.33mg (4.08%), Vitamin A: 187.21IU (3.74%), Iron: 0.65mg (3.61%), Potassium: 125.87mg (3.6%), Phosphorus: 32.23mg (3.22%), Fiber: 0.79g (3.17%), Calcium: 24.65mg (2.47%), Copper: 0.05mg (2.37%), Vitamin B2: 0.03mg (1.64%), Vitamin B3: 0.32mg (1.58%), Zinc: 0.19mg (1.25%), Vitamin E: 0.19mg (1.25%), Vitamin B5: 0.11mg (1.14%), Folate: 4.42µg (1.1%)