



## White Wine and Garlic Dream Cream

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



3

CALORIES



366 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon butter
- 4 cloves garlic chopped
- 3 servings ground pepper white to taste
- 0.8 cup heavy cream at room temperature
- 1 juice of lemon juiced
- 3 servings salt to taste
- 3 large shallots sliced
- 1.5 cups white wine divided

# Equipment

sauce pan

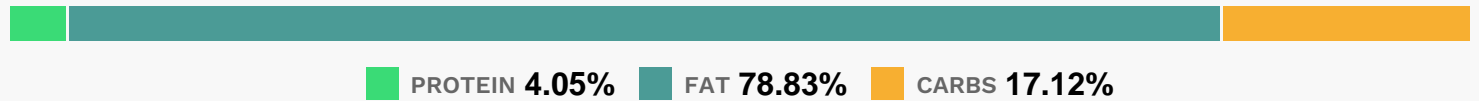
# Directions

Melt butter in a medium saucepan over low heat. Cook and stir the shallots until they become translucent and tender; stir in garlic and cook until tender and aromatic.

Stir in 1 cup white wine, increase heat to high and bring to a boil. Once it boils, add the remaining 1/2 cup wine. Boil for 10 minutes then reduce heat to medium-low. Season with white pepper to taste.

When sauce is no longer boiling, slowly stir in cream, lemon juice and salt. Simmer for 3 to 5 minutes.

# Nutrition Facts



# Properties

Glycemic Index:41.67, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:6.3160870386207%

# Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

# Nutrients (% of daily need)

Calories: 366.24kcal (18.31%), Fat: 25.38g (39.04%), Saturated Fat: 16.11g (100.67%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 10.96g (3.99%), Sugar: 5.15g (5.72%), Cholesterol: 77.27mg (25.76%), Sodium: 249.74mg (10.86%), Alcohol: 12.36g (100%), Alcohol %: 6.94% (100%), Protein: 2.94g (5.87%), Vitamin A: 993.23IU (19.86%), Manganese: 0.37mg (18.43%), Vitamin B6: 0.22mg (11.17%), Vitamin C: 7.89mg (9.57%), Vitamin B2: 0.14mg (8.52%), Phosphorus: 82.67mg (8.27%), Calcium: 73.7mg (7.37%), Potassium: 254.18mg (7.26%), Vitamin D: 0.95µg (6.35%), Magnesium: 24.91mg (6.23%), Iron: 1.05mg (5.82%), Fiber: 1.44g (5.75%), Vitamin E: 0.68mg (4.56%), Selenium: 2.89µg (4.13%), Folate: 14.54µg (3.63%), Copper: 0.07mg (3.26%), Vitamin B5: 0.32mg (3.2%), Zinc: 0.47mg (3.1%),

Vitamin B1: 0.04mg (2.93%), Vitamin K: 2.98µg (2.84%), Vitamin B12: 0.1µg (1.72%), Vitamin B3: 0.26mg (1.3%)