



Wine Sauce for Seafood



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



97 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 teaspoon tarragon dried
- ☐ 1 tablespoon parsley fresh
- ☐ 2 cloves garlic minced
- ☐ 1 juice of lemon juiced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 teaspoon pepper white

☐ 0.3 cup white wine

Equipment

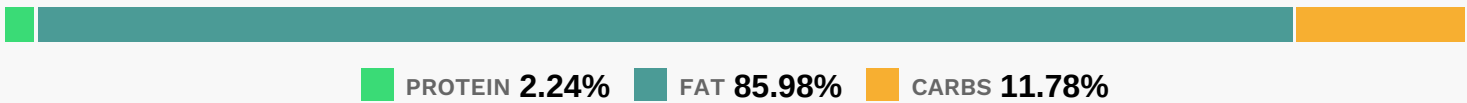
☐ sauce pan

☐ whisk

Directions

- ☐ Melt the butter in a small saucepan over medium-low heat.
- ☐ Add garlic and shallots; cook and stir until transparent, about 3 minutes. Season with tarragon, salt and white pepper. Increase the heat to medium, and stir in the white wine and lemon juice. Bring to a simmer, then whisk for 1 minute.
- ☐ Remove from the heat and sprinkle in parsley.
- ☐ Pour over your favorite white fish before serving.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:2.4778260977372%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 97.28kcal (4.86%), Fat: 8.59g (13.22%), Saturated Fat: 5.41g (33.84%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.76g (0.84%), Cholesterol: 22.58mg (7.53%), Sodium: 215.41mg (9.37%), Alcohol: 1.54g (100%), Alcohol %: 4.72% (100%), Protein: 0.5g (1.01%), Vitamin K: 17.26µg (16.44%), Vitamin A: 368.42IU (7.37%), Vitamin C: 5.38mg (6.52%), Manganese: 0.11mg (5.27%), Vitamin B6: 0.06mg (3.01%), Iron:

0.38mg (2.09%), Potassium: 64.37mg (1.84%), Vitamin E: 0.27mg (1.77%), Folate: 6.61µg (1.65%), Calcium: 16.38mg (1.64%), Magnesium: 5.94mg (1.48%), Phosphorus: 13.48mg (1.35%), Fiber: 0.32g (1.27%), Vitamin B2: 0.02mg (1.03%)