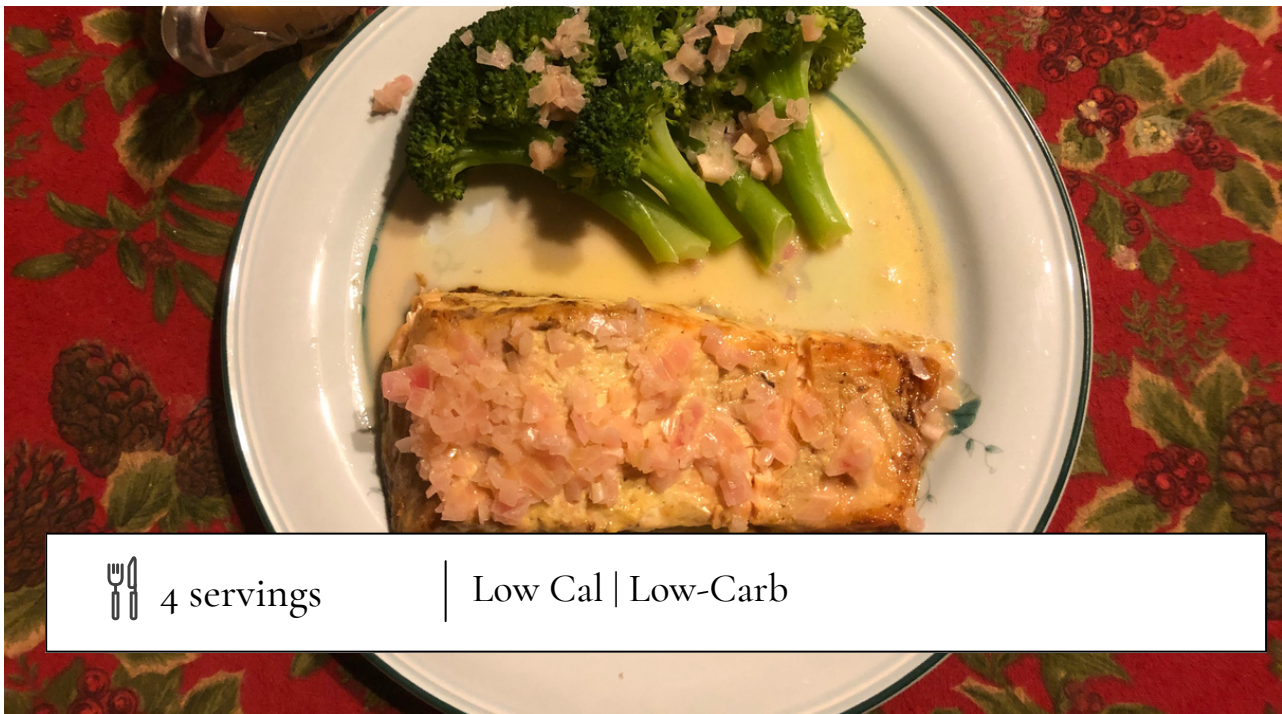


Beurre Blanc Sauce



4 servings

Low Cal | Low-Carb

INGREDIENTS

- 1-2 shallots, chopped fine
- 8 oz white wine
- 2 oz lemon juice
- 1 tbsp heavy cream
- 4 tbsp cold unsalted butter, cubed
- Salt and white pepper, to taste

DIRECTIONS

1. Combine shallots, white wine, and lemon juice in a saucepan over high heat and reduce to 2 tablespoons.
2. Add the cream to the reduction.
3. Once the liquid bubbles, reduce the heat to low.
4. Add the butter, one cube at a time, whisking first on the heat and then off the heat.
5. Continue whisking until the mixture is fully emulsified and reaches a rich sauce consistency.
6. Season with salt and white pepper.

NOTES: This low calorie, low-carbohydrate sauce recipe goes great with seafood, chicken, meat, and vegetables. If added to steamed vegetables it can be used for a lactovegetarian diet. If added to fish as pictured above, it is perfect for pescatarians.



NURTITION FACTS: Calories: 172 Total fat: 13 g Saturated fat: 8.3 g Trans fat: 0 g
Cholesterol: 36 mg Sodium: 10 mg Potassium: 113 mg Total carbohydrates: 3.6 g Dietary
fiber: 0.1 g Sugars: 0.8 g Protein: 0.6 g

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