



Balsamic Reduction



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



155 kcal

SAUCE

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons mushroom caps dried chopped
- ☐ 3 cups fish broth
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 large garlic clove chopped
- ☐ 2 servings salt

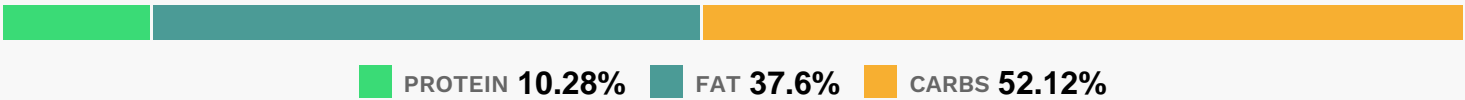
Equipment

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

Directions

- ☐ Combine broth and next 3 ingredients in a saucepan over high heat. Bring to a boil. Cook over high heat 15 to 20 minutes or until reduced by half.
- ☐ Stir in vinegar. Cook 10 minutes or until mixture has reduced to about 1/2 cup and has the consistency of a light sauce.
- ☐ Remove from heat, strain sauce through a fine-mesh strainer, and return to pan.
- ☐ Whisk in butter. Season to taste with salt and pepper.
- ☐ Note: if making ahead, warm gently and whisk in butter just before serving.
- ☐ Chef John Recommends: Red wines that are lower in tannins but "fruit forward" (meaning fruit is one of the first elements you taste), to enhance the beets. Though he produces noteworthy white wines, he says that grilled rich and oily fish such as salmon are perfect foils for reds. His favorite varietals with this dish are Pinot Noir or, for something different, a French Grenache or Spanish Garnacha.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:3.77, Inflammation Score:-3, Nutrition Score:10.007391369861%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 155.13kcal (7.76%), Fat: 6.58g (10.12%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 18.75g (6.82%), Sugar: 8.22g (9.13%), Cholesterol: 22.1mg (7.37%), Sodium: 1558.57mg (67.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Copper: 0.83mg (41.7%), Vitamin B5: 3.29mg (32.86%), Vitamin B2: 0.4mg (23.54%), Manganese: 0.43mg (21.55%), Vitamin B3: 2.87mg (14.36%), Selenium: 8.52µg (12.16%), Potassium: 347.61mg (9.93%), Zinc: 1.44mg (9.6%), Vitamin B1: 0.12mg (8.13%), Vitamin B6: 0.16mg (8.11%), Magnesium: 28.93mg (7.23%), Fiber: 1.77g (7.09%), Phosphorus: 69.85mg (6.98%), Folate: 24.48µg (6.12%), Iron: 0.85mg (4.73%), Vitamin D: 0.58µg (3.84%), Vitamin A: 185.59IU (3.71%), Calcium: 32.48mg (3.25%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.08µg (1.37%), Vitamin C: 1.01mg (1.22%)