

Balsamic Sauce

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

413 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 cup cooking wine dry red
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 egg yolks
- ☐ 2 garlic cloves chopped
- ☐ 1 shallots chopped
- ☐ 0.3 cup butter unsalted melted

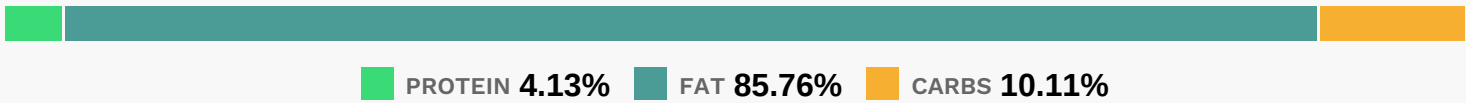
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring first 5 ingredients to a boil in a small saucepan; cook 2 minutes. Cool mixture.
- ☐ Whisk egg yolks into wine mixture, and cook over low heat, whisking constantly, until thickened. Slowly whisk in butter until blended.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:2.95, Inflammation Score:-6, Nutrition Score:6.4304348334022%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.89mg, Malvidin: 7.89mg, Malvidin: 7.89mg, Malvidin: 7.89mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 413.32kcal (20.67%), Fat: 35.48g (54.59%), Saturated Fat: 21.16g (132.24%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 8.95g (3.25%), Sugar: 5.01g (5.57%), Cholesterol: 275.74mg (91.91%), Sodium: 21.83mg (0.95%), Alcohol: 6.24g (100%), Alcohol %: 5.09% (100%), Protein: 3.85g (7.69%), Vitamin A: 1205.79IU (24.12%), Selenium: 11.06µg (15.81%), Vitamin D: 1.54µg (10.26%), Phosphorus: 101.33mg (10.13%), Vitamin E: 1.35mg (9%), Manganese: 0.16mg (8.23%), Folate: 32.06µg (8.01%), Vitamin B6: 0.16mg (7.97%), Vitamin B2: 0.12mg (6.95%), Vitamin B12: 0.42µg (6.92%), Vitamin B5: 0.65mg (6.47%), Iron: 0.95mg (5.3%), Calcium: 51.53mg (5.15%), Zinc: 0.59mg (3.92%), Potassium: 130.66mg (3.73%), Vitamin B1: 0.05mg (3.24%), Vitamin K: 3.05µg (2.9%), Magnesium: 10.91mg (2.73%), Copper: 0.05mg (2.37%), Vitamin C: 1.94mg (2.35%), Fiber: 0.46g (1.85%)