



Beef-Onion Sauce

READY IN



20 min.

SERVINGS



10

CALORIES



47 kcal

SAUCE

Ingredients

- 3 tablespoons butter
- 14 ounce beef broth canned
- 10 servings garnish: chives fresh chopped
- 0.3 cup flour all-purpose
- 0.3 teaspoon pepper freshly ground
- 2 teaspoons soya sauce
- 0.3 cup onion sweet finely chopped

Equipment

sauce pan

whisk

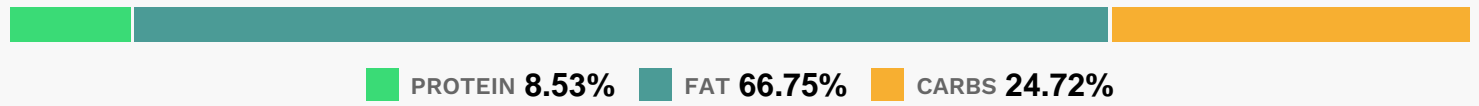
Directions

Melt butter in a medium saucepan over medium heat; add onion, and saut 5 to 7 minutes or until lightly browned.

Whisk in flour. Cook, whisking constantly, until lightly browned (about 1 minute). Gradually whisk in broth and next 2 ingredients. Cook, whisking constantly, until thickened and bubbly.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.7, Glycemic Load:1.75, Inflammation Score:-1, Nutrition Score:1.2552173941032%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 47.12kcal (2.36%), Fat: 3.54g (5.44%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.32g (0.35%), Cholesterol: 9.03mg (3.01%), Sodium: 242.21mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin A: 148.81IU (2.98%), Vitamin B3: 0.56mg (2.79%), Vitamin K: 2.53µg (2.41%), Folate: 9.14µg (2.28%), Manganese: 0.05mg (2.27%), Selenium: 1.43µg (2.04%), Vitamin B1: 0.03mg (1.95%), Vitamin B2: 0.03mg (1.73%), Iron: 0.28mg (1.54%), Phosphorus: 13.2mg (1.32%), Potassium: 38.3mg (1.09%), Vitamin C: 0.84mg (1.01%)