



Beurre Rouge



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 medium beet finely chopped
- ☐ 0.5 ounce mushrooms dried assorted
- ☐ 2 cups pinot noir chocolate brownies dry red
- ☐ 0.3 teaspoon salt
- ☐ 2 shallots quartered
- ☐ 0.5 cup butter unsalted cut into pieces

Equipment

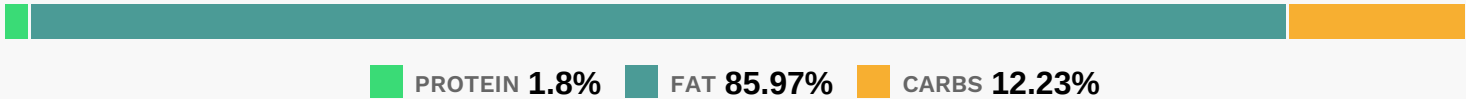
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine first 4 ingredients in a saucepan; bring to a boil over medium-high heat. Reduce heat, and simmer until reduced to 1 cup. Strain mixture through sieve into a bowl, discarding solids.
- ☐ Return wine mixture to saucepan; cook until mixture is reduced to 1/2 cup. Reduce heat to low; add unsalted butter, 1 piece at a time, stirring with a whisk. (Do not overheat or sauce will separate.)
- ☐ Add salt.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:3.0152173638344%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 321.97kcal (16.1%), Fat: 23.08g (35.5%), Saturated Fat: 14.59g (91.16%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 6.35g (2.31%), Sugar: 2.51g (2.79%), Cholesterol: 61.01mg (20.34%), Sodium: 166.72mg (7.25%), Alcohol: 12.6g (100%), Alcohol %: 8.58% (100%), Protein: 1.09g (2.18%), Vitamin A: 716.6IU (14.33%), Folate: 28.87µg (7.22%), Manganese: 0.11mg (5.48%), Vitamin E: 0.67mg (4.48%), Fiber: 1.03g (4.12%), Potassium: 128.92mg (3.68%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.43µg (2.88%), Phosphorus: 25.86mg (2.59%), Vitamin C: 2.12mg (2.56%), Copper: 0.04mg (2.14%), Magnesium: 8.4mg (2.1%), Vitamin B2: 0.03mg (2.05%), Vitamin K: 2.13µg (2.03%), Iron:

0.34mg (1.91%), Vitamin B5: 0.15mg (1.53%), Calcium: 15.03mg (1.5%), Selenium: 0.91µg (1.3%), Vitamin B1: 0.02mg (1.23%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.17mg (1.12%)