



Black Cumberland Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



297 kcal

SAUCE

Ingredients

- 2 teaspoons pepper black freshly ground to taste
- 1 tablespoon brown sugar
- 1 pinch cayenne pepper
- 0.3 teaspoon ground ginger
- 1 lemon zest juiced
- 0.3 teaspoon ground mustard
- 0.5 cup onion minced
- 2 orange zest juiced

- 1 cup currant jelly black
- 0.3 cup red wine
- 1 serving salt to taste
- 1 teaspoon vegetable oil

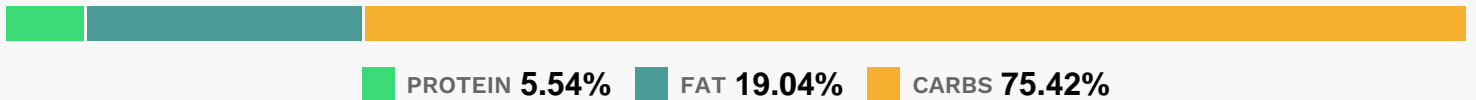
Equipment

- frying pan
- sauce pan

Directions

- Heat vegetable oil in large saucepan over medium heat. Cook and stir onions in the hot oil, until nearly dark brown, 10 to 15 minutes.
- Pour wine into the saucepan, bring to a simmer and cook until reduced by half, about 1 minute; remove pan from heat.
- Stir currant jelly, orange juice, orange zest, lemon zest, lemon juice, brown sugar, black pepper, mustard powder, ginger, cayenne pepper, and salt into onion mixture until combined.
- Bring sauce to a boil; remove from heat.

Nutrition Facts



Properties

Glycemic Index:106, Glycemic Load:2.47, Inflammation Score:-9, Nutrition Score:16.10782607742%

Flavonoids

Cyanidin: 70.11mg, Cyanidin: 70.11mg, Cyanidin: 70.11mg, Cyanidin: 70.11mg Petunidin: 5.92mg, Petunidin: 5.92mg, Petunidin: 5.92mg, Petunidin: 5.92mg Delphinidin: 101.98mg, Delphinidin: 101.98mg, Delphinidin: 101.98mg, Delphinidin: 101.98mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Pelargonidin: 1.31mg, Pelargonidin: 1.31mg, Pelargonidin: 1.31mg, Pelargonidin: 1.31mg Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg Catechin: 6.5mg, Catechin: 6.5mg, Catechin: 6.5mg, Catechin: 6.5mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg

0.5mg, Hesperetin: 0.5mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.16mg, Isorhamnetin: 4.16mg, Isorhamnetin: 4.16mg, Isorhamnetin: 4.16mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 7.28mg, Myricetin: 7.28mg, Myricetin: 7.28mg, Myricetin: 7.28mg Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 296.61kcal (14.83%), Fat: 5.46g (8.39%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 42.92g (15.61%), Sugar: 15.86g (17.63%), Cholesterol: 0mg (0%), Sodium: 207.9mg (9.04%), Alcohol: 8.48g (100%), Alcohol %: 3.32% (100%), Protein: 3.57g (7.14%), Vitamin C: 249.14mg (301.98%), Manganese: 1.19mg (59.73%), Fiber: 5.71g (22.84%), Potassium: 720.98mg (20.6%), Iron: 3.13mg (17.39%), Calcium: 162.93mg (16.29%), Magnesium: 61.66mg (15.41%), Vitamin K: 15.57µg (14.83%), Vitamin B6: 0.29mg (14.61%), Phosphorus: 125.51mg (12.55%), Copper: 0.23mg (11.45%), Vitamin E: 1.68mg (11.17%), Vitamin B1: 0.14mg (9.21%), Vitamin A: 428.39IU (8.57%), Vitamin B2: 0.14mg (8.18%), Vitamin B5: 0.78mg (7.83%), Folate: 25.76µg (6.44%), Vitamin B3: 0.99mg (4.94%), Zinc: 0.73mg (4.85%), Selenium: 2.51µg (3.59%)