



Blackberry-Wine Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter cut into pieces
- ☐ 1 tablespoon butter
- ☐ 1 cup chicken broth
- ☐ 1 cup cooking wine dry red
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.5 cup blackberry preserves seedless
- ☐ 0.3 teaspoon salt
- ☐ 3 shallots chopped

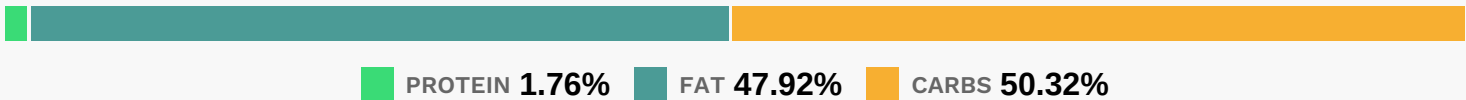
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add shallots; cook 3 minutes or until tender. Stir in wine; cook 6 minutes. Stir in broth; cook 6 more minutes.
- ☐ Whisk in blackberry preserves until blended.
- ☐ Remove from heat; whisk in 1/4 cup butter, a few pieces at a time, until blended. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:16.63, Inflammation Score:-5, Nutrition Score:2.7991304501243%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 311.95kcal (15.6%), Fat: 14.52g (22.34%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 33.22g (12.08%), Sugar: 22.35g (24.84%), Cholesterol: 39.2mg (13.07%), Sodium: 492.9mg (21.43%), Alcohol: 6.3g (100%), Alcohol %: 4.03% (100%), Protein: 1.2g (2.4%), Vitamin A: 444.28IU (8.89%), Vitamin C: 5.24mg (6.35%), Manganese: 0.11mg (5.36%), Vitamin B2: 0.08mg (4.52%), Fiber: 1.08g (4.33%), Vitamin B6: 0.07mg (3.69%), Copper: 0.07mg (3.44%), Vitamin E: 0.49mg (3.29%), Potassium: 111.03mg (3.17%), Folate: 11.59µg (2.9%),

Iron: 0.49mg (2.7%), Phosphorus: 26.02mg (2.6%), Calcium: 22.4mg (2.24%), Selenium: 1.49µg (2.13%), Vitamin B1: 0.03mg (2.09%), Magnesium: 6.69mg (1.67%), Vitamin K: 1.49µg (1.42%), Zinc: 0.16mg (1.06%)