



Bordelaise Sauce with Mushrooms

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



122 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup beef broth
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.3 teaspoon thyme leaves fresh chopped to taste
- ☐ 0.3 cup red wine
- ☐ 4 servings salt and pepper to taste

- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons water cold
- ☐ 1 tablespoon worcestershire sauce

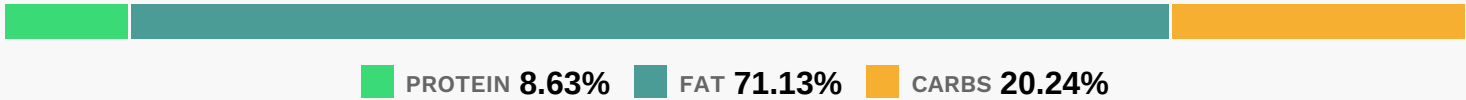
Equipment

- ☐ frying pan

Directions

- ☐ Melt 1 tablespoon of butter in a skillet over medium heat. Stir in the garlic and shallot, and cook until the shallot has softened and turned translucent, about 3 minutes.
- ☐ Add the remaining 3 tablespoons of butter, then stir in the mushrooms once the butter has melted. Cook and stir the mushrooms until they begin to soften, about 5 minutes.
- ☐ Pour in the beef broth, wine, and Worcestershire sauce; season with the bay leaf and thyme, and bring to a simmer over medium-high heat. Once simmering, season to taste with salt and pepper, reduce the heat to medium-low, and continue to cook, uncovered until the sauce reduces slightly, about 30 minutes. Dissolve the cornstarch in the cold water, and stir into the simmering sauce until thickened.
- ☐ Remove the bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:4.436956540398%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin:

0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 121.74kcal (6.09%), Fat: 8.82g (13.57%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.97g (1.81%), Sugar: 1.9g (2.11%), Cholesterol: 22.58mg (7.53%), Sodium: 544.13mg (23.66%), Alcohol: 2.12g (100%), Alcohol %: 1.7% (100%), Protein: 2.41g (4.82%), Vitamin B2: 0.22mg (13.09%), Vitamin B3: 2.29mg (11.46%), Copper: 0.17mg (8.54%), Vitamin B5: 0.76mg (7.63%), Potassium: 264.65mg (7.56%), Selenium: 5.17µg (7.38%), Phosphorus: 62.17mg (6.22%), Vitamin A: 273.84IU (5.48%), Vitamin B6: 0.09mg (4.29%), Iron: 0.76mg (4.25%), Manganese: 0.08mg (3.77%), Vitamin B1: 0.05mg (3.18%), Folate: 12.02µg (3%), Fiber: 0.68g (2.73%), Vitamin C: 2.17mg (2.63%), Magnesium: 10.1mg (2.53%), Zinc: 0.32mg (2.14%), Vitamin E: 0.25mg (1.69%), Calcium: 16.66mg (1.67%), Vitamin B12: 0.08µg (1.32%)