



Bordelaise Sauce with Mushrooms

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



123 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
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup red wine

- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons water cold
- ☐ 1 tablespoon worcestershire sauce

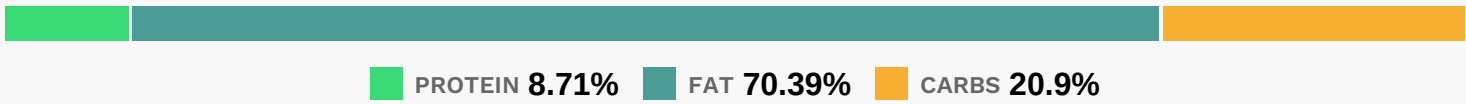
Equipment

- ☐ 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:50.5, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:4.5443478304407%

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: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 122.86kcal (6.14%), Fat: 8.82g (13.58%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 5.2g (1.89%), Sugar: 1.91g (2.12%), Cholesterol: 22.58mg (7.53%), Sodium: 544.25mg (23.66%), Alcohol: 2.12g (100%), Alcohol %: 1.69% (100%), Protein: 2.46g (4.91%), Vitamin B2: 0.22mg (13.14%), Vitamin B3: 2.3mg (11.49%), Copper: 0.17mg (8.66%), Vitamin B5: 0.77mg (7.68%), Potassium: 267.66mg (7.65%), Selenium: 5.27µg (7.53%), Phosphorus: 63.32mg (6.33%), Vitamin A: 273.9IU (5.48%), Vitamin B6: 0.1mg (4.75%), Manganese: 0.09mg (4.39%), Iron: 0.78mg (4.32%), Vitamin B1: 0.05mg (3.28%), Folate: 12.04µg (3.01%), Vitamin C: 2.41mg (2.92%), Fiber: 0.7g (2.79%), Magnesium: 10.29mg (2.57%), Zinc: 0.33mg (2.2%), Calcium: 18.01mg (1.8%), Vitamin E: 0.25mg (1.7%), Vitamin B12: 0.08µg (1.32%)