



Burgundy Mole Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



278 kcal

SAUCE

Ingredients

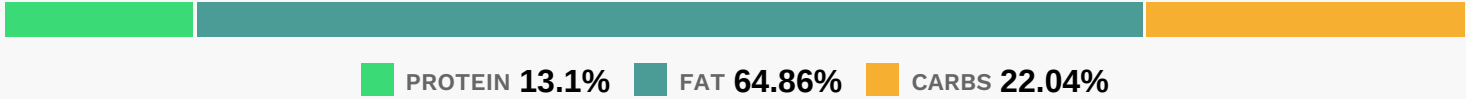
- ☐ 10.5 ounce condensed beef broth undiluted canned
- ☐ 0.5 cup cooking wine dry red
- ☐ 8 garlic cloves chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 cup portabello mushrooms fresh sliced
- ☐ 1 tablespoon semisweet chocolate morsels
- ☐ 0.3 cup soya sauce

Equipment

Directions

☐ Saut sliced mushrooms and chopped garlic in hot oil until crisp-tender; drain. Stir in red wine and remaining ingredients. Bring mixture to a boil. Reduce heat, and simmer, stirring occasionally, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:1.39, Inflammation Score:-4, Nutrition Score:9.554782545113%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 277.94kcal (13.9%), Fat: 17.45g (26.85%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 11.62g (4.23%), Sugar: 4.61g (5.12%), Cholesterol: 0.45mg (0.15%), Sodium: 2720.53mg (118.28%), Alcohol: 6.3g (100%), Alcohol %: 2.46% (100%), Caffeine: 6.45mg (2.15%), Protein: 7.93g (15.86%), Manganese: 0.54mg (26.88%), Vitamin B3: 4.77mg (23.84%), Selenium: 11.68µg (16.69%), Phosphorus: 153.92mg (15.39%), Vitamin B6: 0.31mg (15.36%), Copper: 0.3mg (15.23%), Vitamin E: 2.08mg (13.86%), Potassium: 409.65mg (11.7%), Iron: 2.06mg (11.46%), Vitamin B2: 0.16mg (9.58%), Vitamin K: 9.17µg (8.74%), Magnesium: 34.64mg (8.66%), Vitamin B5: 0.76mg (7.59%), Fiber: 1.72g (6.88%), Folate: 22.34µg (5.58%), Vitamin B1: 0.08mg (5.17%), Zinc: 0.73mg (4.88%), Vitamin C: 3.74mg (4.54%), Calcium: 44.46mg (4.45%), Vitamin B12: 0.14µg (2.32%)