



## Butter-glaze Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



173 kcal

SAUCE

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup chicken broth reduced-sodium

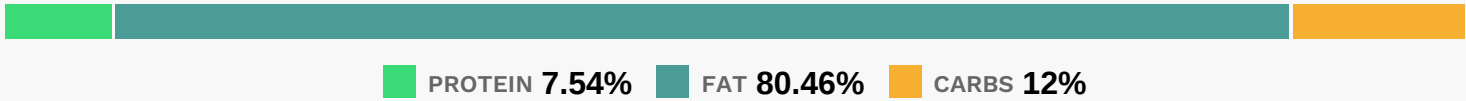
## Equipment

- ☐ frying pan

# Directions

- ☐ In a 10- to 12-inch frying pan over high heat, boil chicken broth, wine, and thyme until reduced to 3/4 cup. Blend cornstarch with 1 tablespoon water and stir into sauce; stir until boiling.
- ☐ Remove from heat, add butter, and stir until melted.

# Nutrition Facts



# Properties

Glycemic Index:32.5, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:2.5730434798676%

# Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 172.96kcal (8.65%), Fat: 12.08g (18.59%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.74g (0.82%), Cholesterol: 30.1mg (10.03%), Sodium: 128.65mg (5.59%), Alcohol: 6.18g (100%), Alcohol %: 4.05% (100%), Protein: 2.55g (5.09%), Vitamin B3: 1.7mg (8.5%), Vitamin A: 359.36IU (7.19%), Vitamin K: 5.51µg (5.24%), Phosphorus: 50.19mg (5.02%), Manganese: 0.09mg (4.52%), Potassium: 149.51mg (4.27%), Iron: 0.73mg (4.03%), Copper: 0.07mg (3.26%), Vitamin B2: 0.05mg (2.95%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.34mg (2.29%), Vitamin B6: 0.04mg (2.18%), Magnesium: 8.04mg (2.01%), Calcium: 18.23mg (1.82%), Zinc: 0.22mg (1.46%)