



Currant Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.5 cup cooking wine dry red with burgundy)
- ☐ 0.3 cup catsup
- ☐ 0.5 cup currant jelly red
- ☐ 2 tablespoons worcestershire sauce

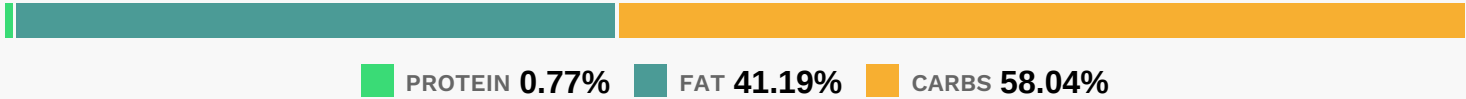
Equipment

☐ sauce pan

Directions

☐ Combine all ingredients in a small saucepan. Bring to a boil over medium heat, stirring constantly; cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:7.93, Inflammation Score:-2, Nutrition Score:1.2265217414369%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 135.46kcal (6.77%), Fat: 5.8g (8.92%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 18.11g (6.59%), Sugar: 12.34g (13.71%), Cholesterol: 15.25mg (5.08%), Sodium: 175.74mg (7.64%), Alcohol: 1.58g (100%), Alcohol %: 3.59% (100%), Protein: 0.25g (0.49%), Vitamin A: 219.12IU (4.38%), Vitamin C: 2.73mg (3.31%), Vitamin B2: 0.04mg (2.16%), Potassium: 73.62mg (2.1%), Vitamin E: 0.31mg (2.04%), Iron: 0.37mg (2.03%), Copper: 0.04mg (1.84%), Calcium: 11.8mg (1.18%), Phosphorus: 10.82mg (1.08%), Fiber: 0.27g (1.07%), Selenium: 0.71µg (1.02%)