



Easiest Delicious Red Wine Steak Sauce

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 ounce brown gravy mix dry
- 1 pinch garlic powder
- 0.5 cup red wine
- 0.5 cup water cold

Equipment

- sauce pan

Directions

In a small saucepan, mix together the brown gravy mix, red wine and cold water. Season with garlic powder if using. Bring to a boil over medium heat. Stir until thickened, about 1 minute.

Nutrition Facts

PROTEIN 1.81% **FAT 14.58%** **CARBS 83.61%**

Properties

Glycemic Index:3.33, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.25652173971352%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 18.54kcal (0.93%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 21.6mg (0.94%), Alcohol: 2.12g (100%), Alcohol %: 6.21% (100%), Protein: 0.02g (0.03%), Manganese: 0.03mg (1.33%)