



Garden Brown Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SAUCE

Ingredients

- ☐ 3 bay leaves
- ☐ 2 teaspoons peppercorns black
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 4 garlic cloves halved

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 cup mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tomato paste
- ☐ 6 cups water

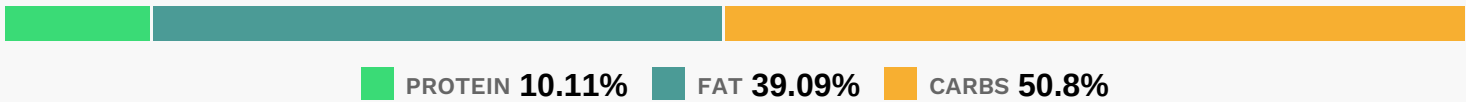
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add onion and carrot; saut 15 minutes or until lightly browned.
- ☐ Add celery, mushrooms, and garlic; cook 10 minutes.
- ☐ Add paste; saut 10 minutes or until browned.
- ☐ Add flour; cook 1 minute. Stir in wine, scraping pan to loosen browned bits.
- ☐ Add water and remaining ingredients. Bring to a boil; reduce heat, and simmer 45 minutes. Strain the mixture through a sieve into a bowl, reserving stock. Discard solids. Store in an airtight container for up to 1 week, or freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:79.96, Glycemic Load:8.08, Inflammation Score:-10, Nutrition Score:15.017826141223%

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: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 206.96kcal (10.35%), Fat: 7.53g (11.59%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 18.13g (6.59%), Sugar: 6.13g (6.81%), Cholesterol: 0mg (0%), Sodium: 772.27mg (33.58%), Alcohol: 6.3g (100%), Alcohol %: 1.37% (100%), Protein: 4.38g (8.76%), Vitamin A: 5736.25IU (114.73%), Manganese: 0.63mg (31.43%), Vitamin K: 25.83µg (24.6%), Potassium: 549.16mg (15.69%), Fiber: 3.89g (15.56%), Copper: 0.29mg (14.39%), Vitamin E: 2.08mg (13.89%), Vitamin B2: 0.23mg (13.63%), Vitamin C: 10.82mg (13.11%), Vitamin B3: 2.42mg (12.12%), Folate: 47.92µg (11.98%), Vitamin B6: 0.23mg (11.68%), Iron: 1.96mg (10.87%), Vitamin B1: 0.15mg (9.89%), Selenium: 6.67µg (9.53%), Phosphorus: 93.46mg (9.35%), Magnesium: 35.6mg (8.9%), Calcium: 71.47mg (7.15%), Vitamin B5: 0.69mg (6.9%), Zinc: 0.64mg (4.26%)