



Green Peppercorn Sauce

 Gluten Free

READY IN



31 min.

SERVINGS



15

CALORIES



53 kcal

SAUCE

Ingredients

- ☐ 14 oz beef broth fat-free canned
- ☐ 0.3 cup brandy
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons peppercorns green in brine drained
- ☐ 0.3 cup heavy cream

☐ 0.3 cup shallots chopped

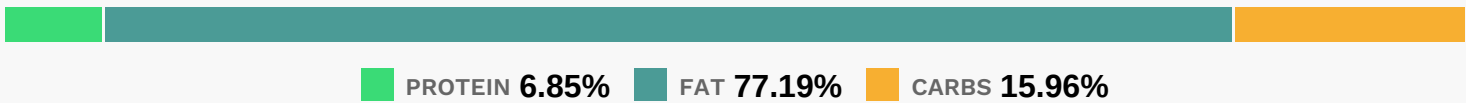
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add next 3 ingredients, and saut 2 minutes or just until tender.
- ☐ Remove from heat. Stir in broth, brandy, and mustard, and return to heat. Bring to a boil, and cook, stirring occasionally, 12 minutes or until mixture is reduced by half.
- ☐ Stir together cream and cornstarch until smooth.
- ☐ Add cornstarch mixture to sauce, and cook, stirring constantly, 2 minutes or until thickened.
- ☐ *Apple juice may be substituted.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:0.92347825480544%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.8kcal (2.64%), Fat: 3.56g (5.47%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.6g (0.67%), Cholesterol: 9.99mg (3.33%), Sodium: 175.28mg (7.62%), Alcohol: 1.78g (100%), Alcohol %: 4.66% (100%), Protein: 0.71g (1.42%), Vitamin A: 126.06IU (2.52%), Manganese: 0.03mg (1.71%), Selenium: 1.17µg (1.67%), Vitamin B6: 0.03mg (1.45%), Phosphorus: 13.13mg (1.31%), Potassium: 42.04mg (1.2%), Vitamin B3: 0.24mg (1.18%), Vitamin B2: 0.02mg (1.13%), Fiber: 0.26g (1.06%)