

How to Make Bordelaise Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 cup red wine
- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 4 large shallots peeled sliced
- ☐ 2 cups veal stock

Equipment

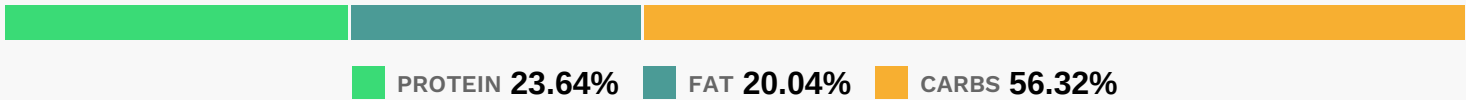
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place butter and shallots into a saucepan with pinch of salt; cook and stir shallots over medium-low heat until caramelized and browned, about 20 minutes. Stir occasionally.
- ☐ Add red wine and bring to a simmer.
- ☐ Reduce heat to low; cook until wine is nearly evaporated and pan juices are thick and slightly syrupy. Watch carefully, mixture burns easily.
- ☐ Add veal stock, return to a simmer, and cook until reduced by half and sauce is slightly thickened, about 10 minutes.
- ☐ Pour sauce through a fine mesh strainer set over a container. Tap the strainer with a spoon while straining and squeeze out the last remaining drops of sauce from the residue. Season sauce to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.27, Inflammation Score:-4, Nutrition Score:3.7813043493939%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg,

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Nutrients (% of daily need)

Calories: 93.81kcal (4.69%), Fat: 1.15g (1.77%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.45g (2.34%), Sugar: 2.99g (3.32%), Cholesterol: 2.69mg (0.9%), Sodium: 260.75mg (11.34%), Alcohol: 6.36g (100%), Alcohol %: 3.91% (100%), Protein: 3.05g (6.1%), Potassium: 383.33mg (10.95%), Vitamin B6: 0.19mg (9.34%), Manganese: 0.17mg (8.25%), Vitamin B2: 0.13mg (7.85%), Phosphorus: 66.46mg (6.65%), Vitamin B3: 1.23mg (6.16%), Magnesium: 21.05mg (5.26%), Iron: 0.91mg (5.06%), Copper: 0.09mg (4.5%), Vitamin B1: 0.06mg (3.85%), Fiber: 0.83g (3.3%), Folate: 11.55µg (2.89%), Selenium: 1.88µg (2.68%), Zinc: 0.39mg (2.6%), Calcium: 24.4mg (2.44%), Vitamin C: 2mg (2.42%)