



Marchand de Vin Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 1 cup beef broth
- ☐ 3 tablespoons butter
- ☐ 1 rib celery minced
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry red
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 0.5 cup mushrooms chopped
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 large tomatoes peeled seeded chopped

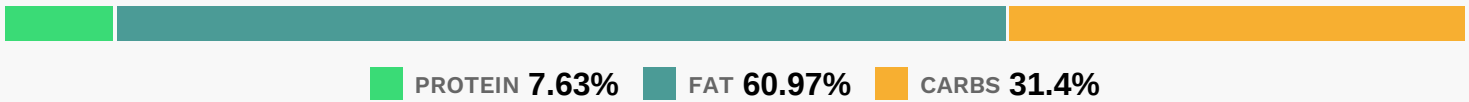
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a heavy saucepan over medium heat; whisk in flour, and cook, whisking constantly, until lightly browned.
- ☐ Add onion and mushrooms; cook, stirring constantly, 1 minute.
- ☐ Add tomato and remaining ingredients; bring to a boil, reduce heat, and simmer, stirring occasionally, 45 minutes.
- ☐ Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:3.3173912977395%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg

Myricetin: 0.27mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 85.21kcal (4.26%), Fat: 4.44g (6.84%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.5g (1.64%), Sugar: 1.11g (1.24%), Cholesterol: 11.29mg (3.76%), Sodium: 293.32mg (12.75%), Alcohol: 3.15g (100%), Alcohol %: 3.71% (100%), Protein: 1.25g (2.5%), Vitamin K: 19.39µg (18.47%), Vitamin A: 409.13IU (8.18%), Vitamin C: 5.37mg (6.51%), Manganese: 0.09mg (4.55%), Vitamin B3: 0.78mg (3.92%), Folate: 13.73µg (3.43%), Potassium: 115.69mg (3.31%), Vitamin B2: 0.05mg (3.22%), Vitamin B1: 0.04mg (2.81%), Selenium: 1.88µg (2.69%), Fiber: 0.65g (2.6%), Iron: 0.42mg (2.35%), Vitamin B6: 0.05mg (2.3%), Phosphorus: 22.83mg (2.28%), Copper: 0.04mg (2.24%), Vitamin E: 0.26mg (1.74%), Magnesium: 6.16mg (1.54%), Vitamin B5: 0.15mg (1.53%), Calcium: 11.5mg (1.15%)