



Mignonette Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



9 kcal

SAUCE

Ingredients

- ☐ 1.5 teaspoons peppercorns black crushed
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots minced

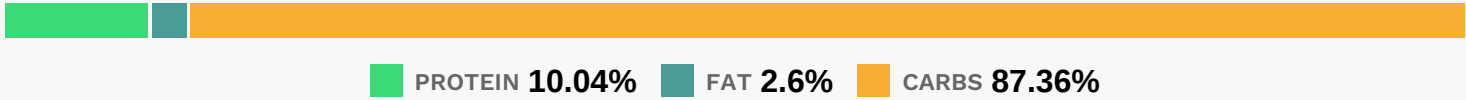
Equipment

- ☐ sauce pan

Directions

Place white wine and vinegar in a small saucepan; bring to a boil. Cook until reduced to 3/4 cup (about 5 minutes). Stir in shallots, peppercorns, and salt. Chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:2.41, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.28652173491276%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 8.71kcal (0.44%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.54g (0.19%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 10.02mg (0.44%), Alcohol: 0.77g (100%), Alcohol %: 7.35% (100%), Protein: 0.07g (0.15%), Manganese: 0.04mg (2.11%)