



Onion-Balsamic Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 beef bouillon cubes
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 cup cooking wine dry red
- ☐ 3 large purple onions coarsely chopped

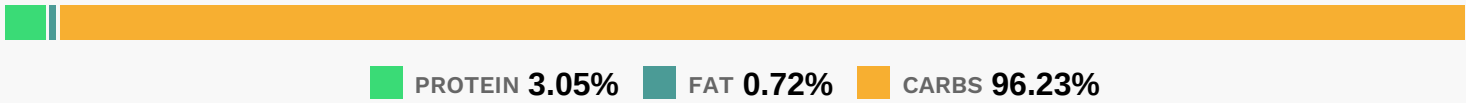
Equipment

- ☐ frying pan

Directions

- ☐ Cook onion in a skillet coated with cooking spray over medium heat, stirring occasionally, 15 minutes.
- ☐ Stir in sugar; cover and cook, stirring occasionally, 10 minutes.
- ☐ Add wine, vinegar, and bouillon; cook, uncovered, stirring occasionally, until liquid is reduced by half.
- ☐ Serve with tenderloin.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.04, Inflammation Score:-5, Nutrition Score:2.5308695797525%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg

Nutrients (% of daily need)

Calories: 192.52kcal (9.63%), Fat: 0.12g (0.19%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 35.68g (12.98%), Sugar: 30.92g (34.35%), Cholesterol: 0.04mg (0.01%), Sodium: 251.92mg (10.95%), Alcohol: 6.3g (100%), Alcohol %: 4.56% (100%), Protein: 1.18g (2.35%), Vitamin C: 6.11mg (7.4%), Manganese: 0.13mg (6.66%), Fiber: 1.4g (5.61%), Vitamin B6: 0.11mg (5.61%), Potassium: 165.54mg (4.73%), Calcium: 43.48mg (4.35%), Folate: 16.27µg (4.07%), Magnesium: 11.7mg (2.93%), Phosphorus: 28.03mg (2.8%), Vitamin B1: 0.04mg (2.66%), Iron: 0.42mg (2.33%), Copper: 0.05mg (2.31%), Vitamin B2: 0.02mg (1.45%), Selenium: 1.02µg (1.45%), Vitamin B5: 0.14mg (1.41%), Zinc: 0.15mg (1.03%)