

Red Wine Baste

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pinch ground sage
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 drops pepper sauce hot
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 1 cup red wine

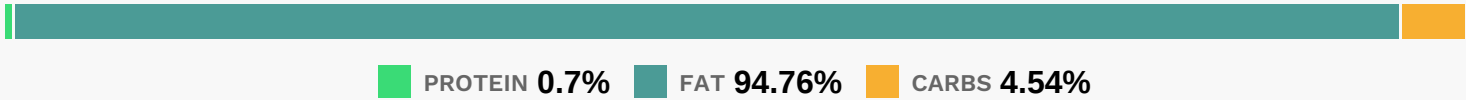
Equipment

☐ sauce pan

Directions

☐ In a small saucepan over medium heat, combine the red wine, butter, garlic powder, poultry seasoning, sage, lemon juice and hot pepper sauce, if desired. Stir all together well and let simmer for about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:1.7004347637944%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 172kcal (8.6%), Fat: 15.38g (23.67%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.55g (0.57%), Sugar: 0.4g (0.45%), Cholesterol: 40.67mg (13.56%), Sodium: 141.02mg (6.13%), Alcohol: 4.24g (100%), Alcohol %: 8.27% (100%), Protein: 0.26g (0.51%), Vitamin A: 486.93IU (9.74%), Vitamin K: 5.03µg (4.79%), Manganese: 0.07mg (3.29%), Vitamin E: 0.46mg (3.08%), Vitamin C: 2.5mg (3.03%), Potassium: 65.29mg (1.87%), Vitamin B6: 0.03mg (1.72%), Magnesium: 6.51mg (1.63%), Iron: 0.28mg (1.55%), Phosphorus: 15.02mg (1.5%), Vitamin B2: 0.02mg (1.24%), Calcium: 11.78mg (1.18%)