



Red Wine Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup cooking wine dry red
- ☐ 4 servings salt
- ☐ 0.8 cup shallots minced

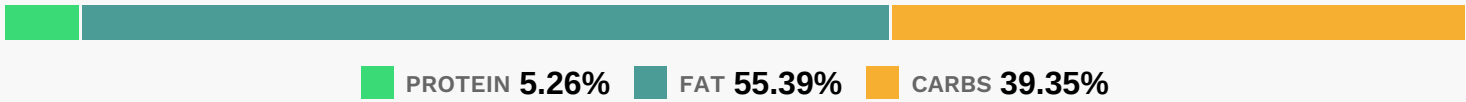
Equipment

- ☐ frying pan

Directions

- ☐ Place a 6- to 8-inch frying pan over high heat.
- ☐ Add butter and shallots, and stir often until shallots are limp, but not browned, 2 to 3 minutes.
- ☐ Add wine and boil until reduced to about 3/4 cup, about 5 minutes.
- ☐ Add salt to taste. Finish as directed in notes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:2.5034782662988%

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 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 132.07kcal (6.6%), Fat: 5.68g (8.74%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 7.66g (2.78%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 265.12mg (11.53%), Alcohol: 6.3g (100%), Alcohol %: 7.14% (100%), Protein: 1.21g (2.43%), Vitamin B6: 0.15mg (7.68%), Manganese: 0.13mg (6.5%), Fiber: 1.42g (5.68%), Vitamin A: 252.16IU (5.04%), Potassium: 151.14mg (4.32%), Vitamin C: 3.56mg (4.32%), Folate: 15.15µg (3.79%), Iron: 0.53mg (2.97%), Phosphorus: 28.23mg (2.82%), Magnesium: 9.53mg (2.38%), Copper: 0.04mg (1.96%), Calcium: 18.63mg (1.86%), Vitamin B1: 0.03mg (1.82%), Vitamin E: 0.23mg (1.56%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.18mg (1.19%)