



Red Wine Pan Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



39 kcal

BEVERAGE

DRINK

Ingredients

- 1 pinch cayenne
- 1 garlic clove finely chopped
- 0.5 teaspoon ground cumin
- 0.3 cup catsup
- 1 tablespoon olive oil
- 1 pinch pepper
- 0.3 cup red wine
- 1 tablespoon citrus champagne vinegar

- 1 pinch salt
- 1 small shallots finely chopped
- 1 tablespoon soya sauce

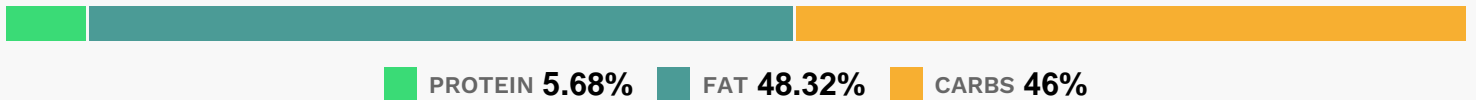
Equipment

- bowl
- frying pan
- whisk

Directions

- In a bowl, combine the ketchup, vinegar, soy sauce, cumin, cayenne, salt, and pepper; set aside. In a skillet, over medium-high heat, heat the olive oil, shallot, and garlic clove for 1 minute.
- Add the wine and simmer for 2 minutes.
- Remove from heat.
- Whisk in the ketchup mixture.
- Serve with steak.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.0382608654706%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 39.12kcal (1.96%), Fat: 1.8g (2.77%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 222.47mg (9.67%), Alcohol: 1.06g (100%), Alcohol %: 4.55% (100%), Protein: 0.48g (0.95%), Manganese: 0.06mg (2.83%), Vitamin E: 0.41mg (2.72%), Vitamin B6: 0.04mg (2.12%), Potassium: 60.91mg (1.74%), Iron: 0.28mg (1.57%), Vitamin B2: 0.02mg (1.45%), Vitamin K: 1.46µg (1.39%), Vitamin B3: 0.27mg (1.35%), Magnesium: 4.72mg (1.18%), Vitamin A: 58.52IU (1.17%), Phosphorus: 11.1mg (1.11%)