



Red Wine Reduction

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 5 teaspoons butter
- ☐ 2 cups roasted chicken stock
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 thyme sprig
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup red wine dry red fruity

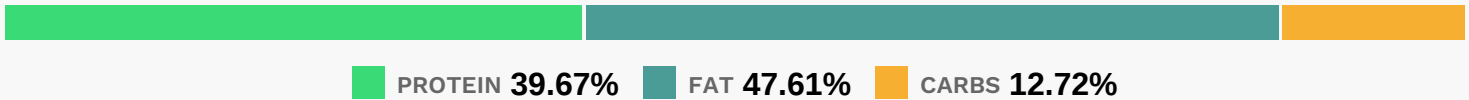
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place Roasted Chicken Stock in a small saucepan over medium-high heat; bring to a boil. Cook until reduced to 1/2 cup (about 20 minutes).
- ☐ Place stock in a bowl; keep warm.
- ☐ Combine wine and next 3 ingredients (through thyme) in pan over medium-high heat; bring to a boil. Cook until reduced to 1/3 cup (about 8 minutes). Stir in reserved stock; return mixture to a boil. Cook until reduced to 2/3 cup (about 7 minutes). Strain mixture through a sieve over a bowl; discard solids. Stir in butter, 1 teaspoon at a time, stirring until butter melts. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:7.1852174064387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 231.52kcal (11.58%), Fat: 9.75g (15.01%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.02g (1.82%), Sugar: 2.04g (2.27%), Cholesterol: 65.94mg (21.98%), Sodium: 199.36mg (8.67%), Alcohol: 6.55g (100%), Alcohol %: 5.21% (100%), Protein: 18.29g (36.58%), Vitamin B3: 5.69mg (28.44%), Selenium: 17.73µg (25.33%), Vitamin B6: 0.36mg (18.24%), Phosphorus: 151.41mg (15.14%), Zinc: 1.18mg (7.86%), Potassium: 270.58mg (7.73%), Vitamin B5: 0.75mg (7.52%), Iron: 1.25mg (6.97%), Vitamin B2: 0.12mg (6.85%), Magnesium: 21.15mg (5.29%), Vitamin A: 258.9IU (5.18%), Manganese: 0.09mg (4.7%), Vitamin B1: 0.06mg (3.88%), Copper: 0.07mg (3.71%), Vitamin B12: 0.21µg (3.56%), Vitamin C: 2.85mg (3.46%), Fiber: 0.85g (3.38%), Folate: 10.99µg

(2.75%), Vitamin E: 0.33mg (2.17%), Calcium: 19.97mg (2%), Vitamin K: 1.15µg (1.1%)