



Red Wine Reduction Sauce (Marchand du Vin)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons beef demi-glace
- ☐ 1 cup full-bodied red wine (such as cabernet sauvignon)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 3 thyme sprigs
- ☐ 2 tablespoons butter unsalted chilled cut into small pieces

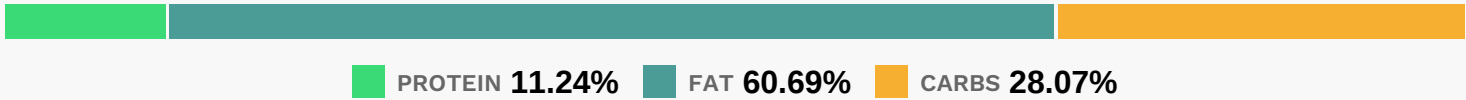
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine first 5 ingredients in a small saucepan; bring to a boil. Cook until reduced to 3 tablespoons (about 10 minutes). Strain mixture through a sieve over a bowl; discard solids.
- ☐ Add butter, stirring constantly until smooth. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:1.3769565406053%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg 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: 131.74kcal (6.59%), Fat: 6.04g (9.3%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.69g (2.07%), Sugar: 1.83g (2.04%), Cholesterol: 15.05mg (5.02%), Sodium: 223.17mg (9.7%), Alcohol: 6.3g (100%), Alcohol %: 8.85% (100%), Protein: 2.52g (5.03%), Vitamin A: 213.04IU (4.26%), Manganese: 0.07mg (3.33%), Iron: 0.56mg (3.13%), Vitamin C: 2.4mg (2.9%), Vitamin B6: 0.05mg (2.72%), Fiber: 0.6g (2.4%), Potassium: 56.61mg (1.62%), Folate: 5.63µg (1.41%), Phosphorus: 11.47mg (1.15%), Magnesium: 4.58mg (1.15%), Vitamin E: 0.17mg (1.13%), Calcium: 10.72mg (1.07%)