



## Red Wine Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



89 kcal

BEVERAGE

DRINK

### Ingredients

- 2 tablespoons butter
- 14.5 ounce beef broth canned
- 2 tablespoons cornstarch
- 0.5 cup cooking wine dry red
- 0.5 small onion sweet minced
- 0.3 cup water

### Equipment

- sauce pan

## Directions

- Saut onion in butter in a large saucepan over medium-high heat 3 minutes, or until browned.
- Add wine, and cook 3 minutes.
- Add beef broth; bring to a boil, and cook 5 minutes.
- Stir together 1/4 cup water and cornstarch; add to broth mixture, stirring constantly, 1 minute or until mixture thickens.
- Remove from heat, and serve over tenderloin.

## Nutrition Facts

**PROTEIN 7.06%** **FAT 59.24%** **CARBS 33.7%**

## Properties

Glycemic Index:10, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.4330434773279%

## Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

## Nutrients (% of daily need)

Calories: 88.61kcal (4.43%), Fat: 4.75g (7.31%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.75g (2.09%), Sugar: 1.66g (1.85%), Cholesterol: 12.04mg (4.01%), Sodium: 345.37mg (15.02%), Alcohol: 2.52g (100%), Alcohol %: 2% (100%), Protein: 1.27g (2.55%), Vitamin B3: 0.69mg (3.44%), Vitamin A: 140.27IU (2.81%), Vitamin B6: 0.05mg (2.57%), Potassium: 85.22mg (2.43%), Folate: 9.43µg (2.36%), Phosphorus: 21.38mg (2.14%), Vitamin C: 1.59mg (1.93%), Manganese: 0.04mg (1.75%), Vitamin B2: 0.03mg (1.52%), Iron: 0.24mg (1.34%), Calcium: 13.32mg (1.33%), Fiber: 0.33g (1.31%), Selenium: 0.89µg (1.27%), Magnesium: 4.95mg (1.24%), Vitamin B12: 0.07µg (1.12%), Copper: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.03%)