



Roasted Garlic-Balsamic Steak Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground ()
- ☐ 0.8 teaspoon mustard dry
- ☐ 1 garlic clove chopped
- ☐ 0.3 cup roasted garlic paste from jar
- ☐ 2 tablespoons honey
- ☐ 3 large plum tomatoes cored quartered
- ☐ 0.8 cup raisins

- ☐ 1.5 tablespoons currant jelly red
- ☐ 1 teaspoon sea salt fine ()
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1.5 cups warm water
- ☐ 1.5 tablespoons worcestershire sauce

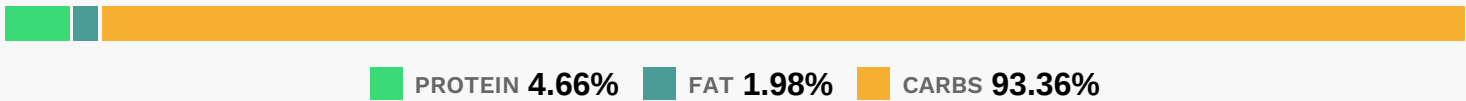
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine 1 1/2 cups warm water and raisins in medium bowl; let stand until raisins are soft, at least 15 minutes and up to 1 hour.
- ☐ Mix vinegar and shallots in small bowl; let stand 15 minutes.
- ☐ Add vinegar mixture to raisin mixture, then stir in all remaining ingredients. Working in 3 batches, puree mixture in blender until smooth. If desired, season with more salt and pepper. Return mixture to medium bowl. Cover and refrigerate at least 12 hours to blend flavors. DO AHEAD Can be made 1 week ahead. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:94.02, Glycemic Load:23.64, Inflammation Score:-4, Nutrition Score:7.4865217675333%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 210.26kcal (10.51%), Fat: 0.49g (0.75%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 48.31g (17.57%), Sugar: 20.89g (23.21%), Cholesterol: 0mg (0%), Sodium: 692.41mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Manganese: 0.5mg (24.98%), Vitamin C: 14.81mg (17.95%), Vitamin B6: 0.31mg (15.43%), Potassium: 528.93mg (15.11%), Fiber: 3.27g (13.09%), Copper: 0.22mg (10.86%), Iron: 1.9mg (10.56%), Vitamin A: 399.89IU (8%), Phosphorus: 74.31mg (7.43%), Magnesium: 26.54mg (6.64%), Calcium: 65.53mg (6.55%), Vitamin B1: 0.09mg (6.31%), Vitamin B2: 0.1mg (5.91%), Selenium: 3.54µg (5.05%), Vitamin K: 4.55µg (4.33%), Vitamin B3: 0.79mg (3.96%), Folate: 12.61µg (3.15%), Zinc: 0.43mg (2.89%), Vitamin E: 0.33mg (2.17%), Vitamin B5: 0.18mg (1.82%)