



Rosemary Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SAUCE

Ingredients

- 2 teaspoons dijon mustard
- 1 tablespoon rosemary fresh chopped
- 1 garlic bulb separated
- 0.3 cup olive oil divided
- 0.5 teaspoon pepper divided freshly ground
- 0.5 teaspoon sea salt divided
- 6 shallots
- 1 teaspoon sherry vinegar

- 2 tablespoons tamari sauce
- 0.5 cup white wine

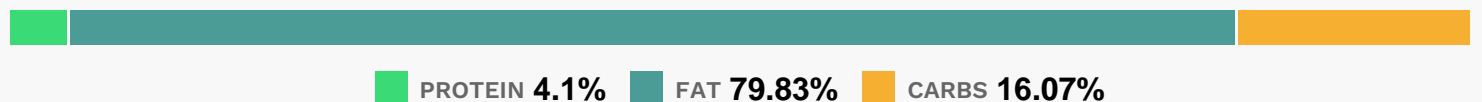
Equipment

- food processor
- oven
- blender
- aluminum foil

Directions

- Place shallots and garlic on a piece of aluminum foil; drizzle with 1 teaspoon oil, and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Fold foil to seal.
- Bake at 400 for 40 minutes or until garlic is very soft; cool. Squeeze pulp from garlic and shallots into a blender or food processor.
- Add tamari and next 4 ingredients; process until smooth, stopping once to scrape down sides. With blender running, add remaining oil in a slow, steady stream; process until smooth. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- *Soy sauce may be substituted.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.21, Inflammation Score:-2, Nutrition Score:2.9256522085356%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 146.85kcal (7.34%), Fat: 12.11g (18.64%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 4.47g (1.62%), Sugar: 2.29g (2.55%), Cholesterol: 0mg (0%), Sodium: 551.79mg (23.99%), Alcohol: 2.06g (100%), Alcohol %: 3.9% (100%), Protein: 1.4g (2.8%), Vitamin E: 1.75mg (11.64%), Manganese: 0.17mg (8.35%), Vitamin K: 7.81µg (7.44%), Vitamin B6: 0.12mg (5.86%), Fiber: 1.02g (4.08%), Iron: 0.64mg (3.57%), Potassium: 119.85mg (3.42%), Phosphorus: 29.51mg (2.95%), Magnesium: 11.2mg (2.8%), Vitamin C: 2.24mg (2.71%), Folate: 10.3µg (2.58%), Copper: 0.04mg (1.85%), Calcium: 16.29mg (1.63%), Vitamin B3: 0.33mg (1.63%), Vitamin B1: 0.02mg (1.6%), Selenium: 1.01µg (1.45%), Vitamin B5: 0.12mg (1.17%), Zinc: 0.17mg (1.15%), Vitamin B2: 0.02mg (1.15%)