



Sherry-Almond Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup cooking sherry dry
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup shallots minced
- ☐ 1 tablespoon slivered almonds

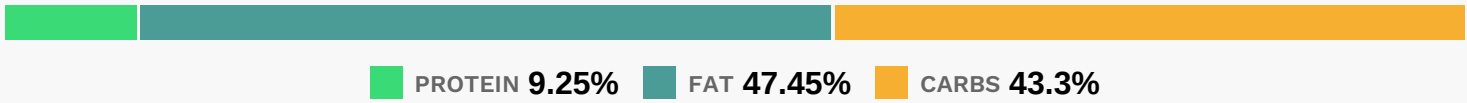
Equipment

☐ frying pan

Directions

- ☐ In an 8- to 10-inch frying pan over medium-high heat, stir or shake 1 tablespoon slivered almonds until golden, about 3 minutes.
- ☐ Pour from pan.
- ☐ Add 1/2 cup minced shallots or onion and 1 tablespoon butter or margarine. Stir over high heat until shallots are limp, about 2 minutes.
- ☐ Add 1 tablespoon all-purpose flour to pan and stir until mixture is lightly browned, 2 to 3 minutes.
- ☐ Add 1 cup dry sherry, 1 cup fat-skimmed chicken broth, and 1/4 teaspoon dried thyme. Boil, stirring often, until sauce is reduced to 1 cup, about 7 minutes. Finely chop almonds and stir into sauce.
- ☐ If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:2.5, Inflammation Score:-5, Nutrition Score:3.7469565246416%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 119.4kcal (5.97%), Fat: 4.21g (6.48%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.32g (2.66%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 271.76mg (11.82%), Alcohol:

6.18g (100%), Alcohol %: 5.08% (100%), Protein: 1.85g (3.7%), Manganese: 0.24mg (11.88%), Vitamin B6: 0.14mg (7.24%), Fiber: 1.33g (5.33%), Potassium: 180.71mg (5.16%), Vitamin E: 0.77mg (5.11%), Magnesium: 20.18mg (5.05%), Phosphorus: 49.77mg (4.98%), Iron: 0.85mg (4.74%), Folate: 15.96µg (3.99%), Vitamin B2: 0.07mg (3.89%), Selenium: 2.4µg (3.43%), Copper: 0.07mg (3.41%), Vitamin B3: 0.65mg (3.23%), Vitamin B1: 0.05mg (3.02%), Vitamin C: 2.4mg (2.91%), Calcium: 27.85mg (2.78%), Vitamin A: 128.78IU (2.58%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.12µg (1.95%), Vitamin K: 1.55µg (1.48%)