



Tomato-Rosemary Pan Sauce



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



61 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 tomatoes canned chopped
- ☐ 0.3 cup chicken broth low-sodium canned
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 0.3 cup vermouth dry white dry

Equipment

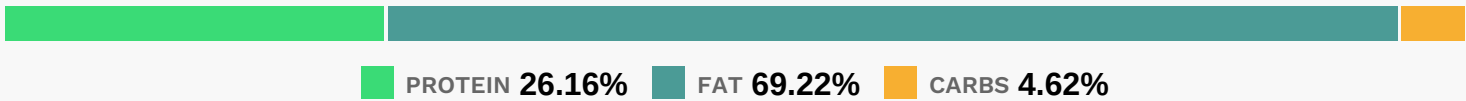
- ☐ frying pan
- ☐ whisk

☐ measuring cup

Directions

- ☐ Combine broth, vermouth, tomatoes and rosemary in a measuring cup.
- ☐ Pour contents of the measuring cup into a heated skillet; boil until liquid is reduced by about half. Tilt skillet so that the liquid is at one side of the pan, then whisk in butter until sauce is smooth. Spoon sauce over cooked steaks and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.0539130406535%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 61.43kcal (3.07%), Fat: 3.88g (5.97%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.19g (0.21%), Cholesterol: 13.93mg (4.64%), Sodium: 86.33mg (3.75%), Alcohol: 1.54g (100%), Alcohol %: 6.06% (100%), Protein: 3.3g (6.6%), Selenium: 2.41µg (3.45%), Phosphorus: 23.47mg (2.35%), Zinc: 0.34mg (2.3%), Vitamin A: 112.66IU (2.25%), Vitamin B12: 0.13µg (2.23%), Vitamin B3: 0.34mg (1.69%), Vitamin B6: 0.03mg (1.67%), Iron: 0.22mg (1.23%), Magnesium: 4.22mg (1.05%)