



Vegetarian red wine gravy



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



218 kcal

SAUCE

Ingredients

- ☐ 2 tbsp oil
- ☐ 2 large onions cut into wedges
- ☐ 2 carrots roughly chopped
- ☐ 2 celery stalks roughly chopped
- ☐ 2 bay leaves
- ☐ 2 tbsp flour
- ☐ 400 ml red wine
- ☐ 400 ml vegetable stock

☐ 2 tbsp mushroom ketchup

Equipment

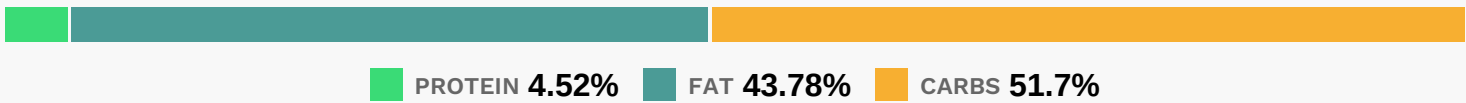
☐ sauce pan

☐ sieve

Directions

- ☐ Heat the oil in a saucepan. When hot, add the onions, carrots, celery and bay, and cook gently for 10–15 mins until soft.
- ☐ Remove the bay leaves.
- ☐ Add the flour and cook for 3–4 mins until brown.
- ☐ Add the wine little by little, stirring constantly, then add the stock. Once fully incorporated, simmer for 5–10 mins until the gravy has thickened. Strain through a sieve, stir through the mushroom ketchup and season to taste.

Nutrition Facts



Properties

Glycemic Index:60.21, Glycemic Load:5.56, Inflammation Score:-10, Nutrition Score:10.127826089444%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 2.01mg, Petunidin: 2.01mg, Petunidin: 2.01mg, Petunidin: 2.01mg Delphinidin: 2.04mg, Delphinidin: 2.04mg, Delphinidin: 2.04mg, Delphinidin: 2.04mg Malvidin: 14.04mg, Malvidin: 14.04mg, Malvidin: 14.04mg, Malvidin: 14.04mg Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 16.42mg, Quercetin: 16.42mg, Quercetin: 16.42mg, Quercetin: 16.42mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

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Nutrients (% of daily need)

Calories: 218.25kcal (10.91%), Fat: 7.2g (11.08%), Saturated Fat: 0.57g (3.53%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 16.83g (6.12%), Sugar: 7.95g (8.83%), Cholesterol: 0mg (0%), Sodium: 504.2mg (21.92%), Alcohol: 10.75g (100%), Alcohol %: 4.16% (100%), Protein: 1.67g (3.35%), Vitamin A: 5366.11IU (107.32%), Manganese: 0.31mg (15.72%), Potassium: 369.29mg (10.55%), Vitamin E: 1.57mg (10.49%), Vitamin B6: 0.21mg (10.37%), Vitamin K: 10.57µg (10.07%), Vitamin C: 7.78mg (9.43%), Fiber: 2.3g (9.2%), Folate: 29.5µg (7.37%), Magnesium: 25.54mg (6.39%), Phosphorus: 62.55mg (6.26%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.09mg (6.03%), Iron: 0.94mg (5.25%), Vitamin B3: 0.96mg (4.82%), Calcium: 38.48mg (3.85%), Copper: 0.07mg (3.38%), Selenium: 1.95µg (2.78%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.23mg (2.31%)