

Wine Reduction Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

SAUCE

Ingredients



1 bay leaf



750 milliliter wine



4 servings try build-a-meal



3 small shallots minced



3 to 4 thyme sprigs fresh

Equipment



sauce pan



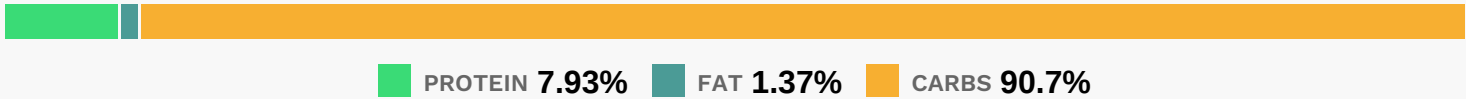
sieve

☐ measuring cup

Directions

- ☐ Bring all ingredients to a boil in a large saucepan over medium heat. Reduce heat, and simmer until liquid is reduced to about 1 cup (40 minutes).
- ☐ Pour mixture through a wire-mesh strainer into a measuring cup, pressing with back of a spoon to remove all juices. Discard solids. Cover and chill, if desired.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:1.5595652214859%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 175.45kcal (8.77%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.05g (2.93%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 2.33mg (0.1%), Alcohol: 19.97g (100%), Alcohol %: 12.01% (100%), Protein: 0.79g (1.57%), Manganese: 0.14mg (6.83%), Fiber: 0.94g (3.75%), Vitamin B6: 0.07mg (3.59%), Vitamin C: 2.71mg (3.29%), Iron: 0.43mg (2.39%), Potassium: 74.62mg (2.13%), Magnesium: 7.65mg (1.91%), Phosphorus: 18.39mg (1.84%), Folate: 6.91µg (1.73%), Copper: 0.03mg (1.39%), Calcium: 10.74mg (1.07%), Selenium: 0.74µg (1.05%)