



Wolf's "Light" Wine Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



275 kcal

SAUCE

Ingredients

- ☐ 6 tablespoons butter in a unsalted chunk
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup cooking wine dry white
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 3 servings juice of lemon

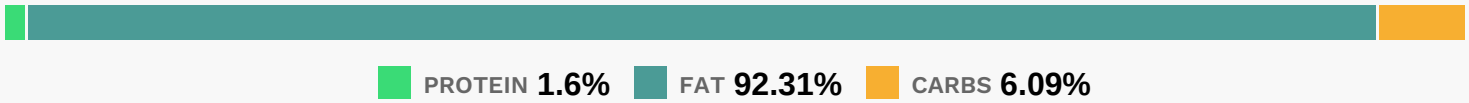
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a 10- to 12-inch frying pan, combine 1 cup fat-skimmed chicken broth and 1 cup dry white wine. Boil over high heat until reduced to about 2/3 cup, about 10 minutes.
- ☐ Add 2 teaspoons Dijon mustard and 6 tablespoons unsalted butter in a chunk and whisk until butter is blended into boiling sauce. Continue to boil and stir until sauce is reduced to about 2/3 cup and thick enough to coat a spoon in a velvety layer, 3 to 5 minutes.
- ☐ Add lemon juice to taste. Use hot.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:3.2247826482939%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 274.72kcal (13.74%), Fat: 22.99g (35.37%), Saturated Fat: 14.4g (89.98%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.23g (1.17%), Sugar: 1.32g (1.47%), Cholesterol: 60.2mg (20.07%), Sodium: 353.37mg (15.36%), Alcohol: 8.24g (100%), Alcohol %: 5.17% (100%), Protein: 0.9g (1.79%), Vitamin A: 702.99IU (14.06%), Vitamin C: 5.82mg (7.05%), Manganese: 0.12mg (5.94%), Vitamin E: 0.68mg (4.56%), Selenium: 3.17µg (4.53%), Phosphorus: 34.24mg (3.42%), Vitamin B12: 0.2µg (3.32%), Potassium: 106.67mg (3.05%), Vitamin B6: 0.06mg (3.03%), Magnesium: 11.82mg (2.95%), Vitamin D: 0.42µg (2.8%), Vitamin B3: 0.55mg (2.76%), Vitamin B2: 0.04mg (2.46%), Vitamin K: 2.33µg (2.22%), Iron: 0.39mg (2.18%), Calcium: 19.95mg (1.99%), Vitamin B5: 0.19mg (1.87%), Folate: 5.63µg (1.41%), Vitamin B1: 0.02mg (1.37%), Copper: 0.03mg (1.35%), Zinc: 0.17mg (1.1%)