

# Lyonnaise Sauce (Sauce Lyonnaise)

Eugenie Brazier - *Les Secrets de la Mere Brazier*  
*The Good Cook Sauces - Time-Life Books*

## Yield: 3 cups

3 onions, chopped  
2 tablespoons butter  
3/4 cup white wine vinegar  
3/4 cup dry white wine  
2 cups tomato puree'

In a heavy saucepan, cook the onions in the butter over low heat for about 30 minutes or until the onions are golden and very soft.

Add the vinegar and wine. Let the mixture reduce to one-third of its original volume.

Stir in the tomato puree'. Cook the sauce very gently for 5 to 6 more minutes, removing the skin as it forms.

Sieve the finished sauce or leave it unsieved, as you wish.

*This pungent sauce is suitable for grilled meats and fish.*

Per Serving (excluding unknown items): 449 Calories; 24g Fat (60.8% calories from fat); 4g Protein; 30g Carbohydrate; 6g Dietary Fiber; 62mg Cholesterol; 253mg Sodium. Exchanges: 5 Vegetable; 4 1/2 Fat.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	449
% Calories from Fat:	60.8%
% Calories from Carbohydrates:	34.4%
% Calories from Protein:	4.8%
Total Fat (g):	24g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	30g
Dietary Fiber (g):	6g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	64mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	120
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	0
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**Protein (g):** 4g  
**Sodium (mg):** 253mg  
**Potassium (mg):** 667mg  
**Calcium (mg):** 89mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 867IU  
**Vitamin A (r.e.):** 214 1/2RE

**Lean Meat:** 0  
**Vegetable:** 5  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 449 Calories from Fat: 273

### % Daily Values\*

<b>Total Fat</b>	24g	36%
Saturated Fat	14g	72%
<b>Cholesterol</b>	62mg	21%
<b>Sodium</b>	253mg	11%
<b>Total Carbohydrates</b>	30g	10%
Dietary Fiber	6g	24%
<b>Protein</b>	4g	

<b>Vitamin A</b>	17%
<b>Vitamin C</b>	35%
<b>Calcium</b>	9%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.