

Red Wine Sauce

Step-By-Step Sauces
Salamander Books Ltd. - London, England

Yield: 2 1/4 cups

1 small onion
1 clove garlic
6 teaspoons low-fat spread
1/4 cup plain flour
1 cup beef stock
3/4 cup red wine
2 teaspoons fresh thyme, chopped
1 tablespoon lemon juice
salt (to taste)
pepper (to taste)

Grate the onion finely and crush the garlic.

In a saucepan, melt the low-fat spread over low heat. Add the onion and garlic. Cook for 5 minutes, stirring occasionally.

Stir in the flour and cook for 1 minute, stirring. Remove the pan from the heat. Gradually stir in the stock and wine. Bring slowly to a boil, stirring. Continue to cook until the mixture thickens. Simmer gently for 3 minutes.

Stir the chopped thyme into the sauce with the lemon juice. Season with salt and pepper. Reheat the sauce gently before serving.

Serve with beef.

Per Serving (excluding unknown items): 201 Calories; trace Fat (4.5% calories from fat); 3g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2243mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	201	Vitamin B6 (mg):	.2mg
% Calories from Fat:	4.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.5%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	14.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	trace	Folacin (mcg):	30mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	2243mg
Potassium (mg):	496mg
Calcium (mg):	52mg
Iron (mg):	3mg
Zinc (mg):	trace
Vitamin C (mg):	18mg
Vitamin A (i.u.):	81IU
Vitamin A (r.e.):	8RE

Alcohol (kcal):	127
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	201	Calories from Fat: 9
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% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	2243mg	93%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	9%
Protein	3g	
Vitamin A		2%
Vitamin C		29%
Calcium		5%
Iron		15%

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