

# Espagnole Sauce

*Step-By-Step Sauces*

*Salamander Books, Ltd. - London, England*

## **Yield: 1 3/4 cups**

*1 rasher lean back bacon  
6 teaspoons low-fat spread  
1 small onion or shallot  
1 small carrot  
2 ounces mushrooms  
9 teaspoons plain flour  
2 1/2 cups beef stock  
1 bouquet garni  
4 black peppercorns  
1 bay leaf  
2 tablespoons tomato paste  
salt (to taste)  
pepper (to taste)*

In a saucepan, melt the low-fat spread over low heat. Add the bacon and cook for 2 minutes, stirring. Chop the onion, carrot and mushroom finely. Add the vegetables to the bacon and cook for 5 to 10 minutes until lightly browned, stirring occasionally.

Remove the pan from the heat. Gradually stir in the stock.

Add all of the remaining ingredients and bring slowly to a boil, stirring, until the mixture thickens. Cover and simmer gently for one hour, stirring occasionally.

Strain the sauce. Remove the bouquet garni and rub the pulp through a sieve. Discard the remaining pulp and return the sauce to a saucepan.

Reheat gently and adjust the seasoning before serving.

Serve with red meats or game.

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Per Serving (excluding unknown items): 127 Calories; 1g Fat (8.8% calories from fat); 5g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5595mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Fat.

Sauces and Condiments

**Per Serving Nutritional Analysis**

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% Calories from Fat:	8.8%
% Calories from Carbohydrates:	71.1%
% Calories from Protein:	20.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	18g
Dietary Fiber (g):	4g
Protein (g):	5g
Sodium (mg):	5595mg
Potassium (mg):	958mg
Calcium (mg):	42mg
Iron (mg):	5mg
Zinc (mg):	1mg
Vitamin C (mg):	23mg
Vitamin A (i.u.):	21066IU
Vitamin A (r.e.):	2105RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	2.5mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	35mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	127	Calories from Fat: 11
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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	5595mg	233%
<b>Total Carbohydrates</b>	18g	6%
Dietary Fiber	4g	17%
<b>Protein</b>	5g	

<b>Vitamin A</b>	421%
<b>Vitamin C</b>	38%
<b>Calcium</b>	4%
<b>Iron</b>	30%

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