

Shallot Gravy Sauce

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1 package (3 ounce) shallots, minced
 3 tablespoons butter, divided
 1 teaspoon thyme, chopped
 1 cup beef broth
 1 cup chicken broth
 salt (to taste)
 pepper (to taste)

In a skillet, saute' the shallots in two tablespoons of butter and thyme until glazed. Add the broth and reduce by half.

Add the remaining tablespoon of butter, salt and pepper. (You may not need to add much salt as the concentrated broth will be a little salty.)

Wonderful over roast, steaks and potatoes.

Per Serving (excluding unknown items): 413 Calories; 36g Fat (77.6% calories from fat); 16g Protein; 7g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 2396mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 7 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	413	Vitamin B6 (mg):	.1mg
% Calories from Fat:	77.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	6.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	36g	Folacin (mcg):	19mcg
Saturated Fat (g):	22g	Niacin (mg):	5mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	93mg	% Refuse:	0%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	16g	Lean Meat:	1 1/2
Sodium (mg):	2396mg	Vegetable:	1/2
Potassium (mg):	570mg	Fruit:	0
Calcium (mg):	68mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	7
Zinc (mg):	1mg	Other Carbohydrates:	0

Vitamin C (mg): 3mg
Vitamin A (i.u.): 2603IU
Vitamin A (r.e.): 452 1/2RE

Nutrition Facts

Amount Per Serving

Calories 413 Calories from Fat: 321

% Daily Values*

Total Fat	36g	55%
Saturated Fat	22g	109%
Cholesterol	93mg	31%
Sodium	2396mg	100%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	2%
Protein	16g	
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Vitamin A		52%
Vitamin C		5%
Calcium		7%
Iron		19%

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