



Baby Portobella Alfredo Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



282 kcal

SAUCE

Ingredients

- ☐ 4 tablespoons butter divided
- ☐ 10 cremini mushrooms trimmed
- ☐ 2 tablespoons flour
- ☐ 4 cloves garlic
- ☐ 1 cup half-and-half
- ☐ 0.8 cup cheese blend shredded italian
- ☐ 0.5 onion cut into chunks
- ☐ 4 servings salt and pepper to taste

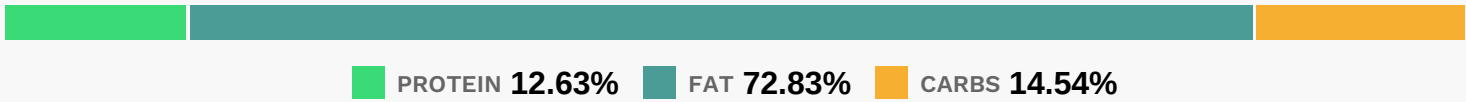
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Process mushrooms, onion, and garlic in a blender until mixture is pureed. Melt 2 tablespoons butter in a saucepan over medium heat. Cook and stir the mushroom paste in the melted butter until smooth.
- ☐ Melt 2 more tablespoons butter in a separate saucepan over medium heat; gradually sprinkle flour into the melted butter, stirring continually.
- ☐ Whisk half-and-half into the flour paste; cook and stir until the sauce is thick and smooth, 4 to 5 minutes.
- ☐ Whisk mushroom mixture into sauce and cook until sauce has thickened a bit more, about 10 minutes. Stir cheese into the sauce; cook until the cheese melts, 2 to 3 minutes. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:2.64, Inflammation Score:-5, Nutrition Score:8.0126087289789%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 281.67kcal (14.08%), Fat: 23.68g (36.43%), Saturated Fat: 12.31g (76.94%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.94g (3.61%), Sugar: 3.99g (4.43%), Cholesterol: 55.47mg (18.49%), Sodium: 364.75mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Selenium: 16.84µg (24.06%), Vitamin B2: 0.39mg (23.1%), Copper: 0.28mg (13.77%), Phosphorus: 133.46mg (13.35%), Calcium: 128.37mg (12.84%), Vitamin A: 564.58IU (11.29%), Vitamin B3: 2.23mg (11.15%), Vitamin B5: 0.99mg (9.91%), Potassium: 343.38mg

(9.81%), Manganese: 0.17mg (8.28%), Vitamin B1: 0.11mg (7.21%), Vitamin B6: 0.14mg (7.05%), Folate: 24.3µg (6.07%), Zinc: 0.88mg (5.89%), Magnesium: 13.78mg (3.45%), Vitamin E: 0.49mg (3.26%), Vitamin B12: 0.19µg (3.15%), Vitamin C: 2.5mg (3.03%), Fiber: 0.7g (2.79%), Iron: 0.49mg (2.71%), Vitamin K: 1.88µg (1.79%)