



Creamy Mushroom-Artichoke Sauce

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



15

CALORIES



88 kcal

SAUCE

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped canned
- 2 tablespoons butter
- 0.8 cup chicken broth
- 8 ounce cream cheese softened
- 2 garlic cloves minced
- 0.1 teaspoon ground pepper red
- 2 tablespoons juice of lemon fresh
- 8 ounce mushrooms sliced

- 0.5 cup onion chopped ()
- 1 tablespoon vegetable oil

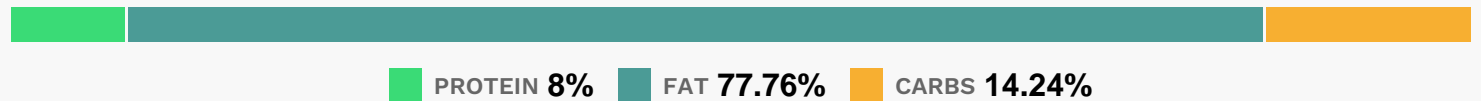
Equipment

- frying pan

Directions

- Melt butter with oil in a large skillet over medium heat; add mushrooms, onion, and garlic, and saut 5 to 7 minutes or until tender. Stir in chicken broth and cream cheese, and cook, stirring constantly, 2 to 3 minutes or until cream cheese melts. Stir in artichoke hearts, lemon juice, and red pepper. Reduce heat to low, and cook 2 minutes or until mixture is hot.
- *1 (8-ounce) package 1/3-less-fat cream cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:2.1813043284675%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 87.68kcal (4.38%), Fat: 7.71g (11.87%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.41g (1.56%), Cholesterol: 19.52mg (6.51%), Sodium: 201.83mg (8.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Vitamin B2: 0.11mg (6.2%), Vitamin A: 257.14IU (5.14%), Selenium: 2.86µg (4.08%), Vitamin B5: 0.33mg (3.27%), Phosphorus: 32.47mg (3.25%), Vitamin B3: 0.6mg (2.99%), Copper: 0.06mg (2.81%), Fiber: 0.67g (2.67%), Potassium: 82.39mg (2.35%), Vitamin K: 2.16µg (2.05%), Vitamin C: 1.62mg (1.97%), Vitamin B6: 0.04mg (1.85%), Calcium: 18.13mg (1.81%), Vitamin E: 0.26mg (1.75%), Vitamin B1: 0.02mg (1.47%), Manganese: 0.03mg (1.42%), Folate: 5.43µg (1.36%), Zinc: 0.18mg (1.19%)