

Creamy Mushrooms

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 1.3 cups milk
- ☐ 4 servings salt and pepper to taste
- ☐ 2 teaspoons soya sauce

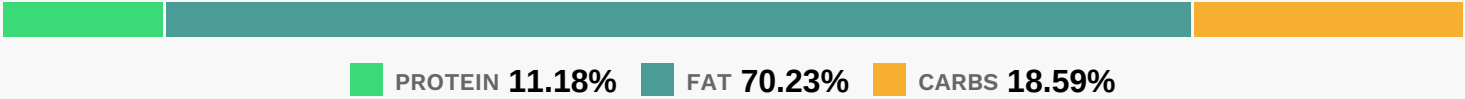
Equipment

- ☐ sauce pan

Directions

- ☐
- Melt butter in a medium saucepan over medium heat.
- ☐
- Saute mushrooms until tender. Stir in flour, milk and soy sauce; cook, stirring, until thickened. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:3.86, Inflammation Score:-4, Nutrition Score:7.1156521828278%

Nutrients (% of daily need)

Calories: 175.4kcal (8.77%), Fat: 14.18g (21.81%), Saturated Fat: 8.75g (54.66%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.75g (2.82%), Sugar: 4.86g (5.4%), Cholesterol: 39.65mg (13.22%), Sodium: 484.48mg (21.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin B2: 0.36mg (21.24%), Phosphorus: 137.13mg (13.71%), Vitamin B3: 2.47mg (12.36%), Vitamin B5: 1.18mg (11.77%), Selenium: 8.16µg (11.66%), Calcium: 100.18mg (10.02%), Vitamin A: 478.07IU (9.56%), Copper: 0.19mg (9.53%), Potassium: 308.5mg (8.81%), Vitamin B1: 0.12mg (8.04%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 0.95µg (6.35%), Vitamin B6: 0.11mg (5.68%), Zinc: 0.66mg (4.4%), Folate: 17.47µg (4.37%), Magnesium: 16.57mg (4.14%), Manganese: 0.07mg (3.54%), Iron: 0.53mg (2.96%), Fiber: 0.69g (2.77%), Vitamin E: 0.38mg (2.5%), Vitamin C: 1.19mg (1.44%), Vitamin K: 1.23µg (1.17%)