



## Morel Cream Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



188 kcal

SAUCE

### Ingredients

- 0.5 teaspoon thyme leaves fresh finely chopped
- 1 cup heavy cream
- 1 teaspoon juice of lemon fresh
- 1 ounce morels dried
- 5 servings salt and pepper freshly ground
- 1 large shallots minced
- 1 tablespoon butter unsalted
- 1 cup water boiling

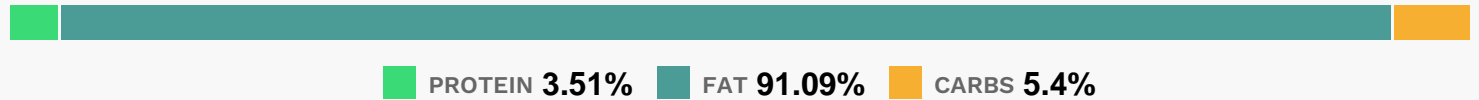
## Equipment

- bowl
- sauce pan

## Directions

- Cover the morels with the boiling water and let soften for 30 minutes. Rub the morels in the liquid to remove grit.
- Transfer them to a bowl; cut any large ones in half. Reserve the liquid. In a saucepan, melt the butter over moderate heat.
- Add the shallot and cook until translucent, about 1 minute. Stir in the morels and season with salt and pepper.
- Pour in the mushroom liquid, stopping when you reach the grit. Boil over high heat to reduce by half, about 6 minutes.
- Add the cream and thyme, then simmer over moderately high heat until reduced by a third, about 5 minutes. Season with salt, pepper and the lemon juice.

## Nutrition Facts



## Properties

Glycemic Index:21.4, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:3.1208696054376%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

## Nutrients (% of daily need)

Calories: 187.7kcal (9.38%), Fat: 19.5g (30%), Saturated Fat: 12.39g (77.45%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.84g (2.05%), Cholesterol: 59.81mg (19.94%), Sodium: 211.13mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin A: 779.45IU (15.59%), Vitamin D: 1.09µg (7.29%), Vitamin B2: 0.1mg (6.13%), Iron: 0.84mg (4.65%), Phosphorus: 42.57mg (4.26%), Calcium: 38.79mg (3.88%), Vitamin E: 0.51mg (3.38%), Copper: 0.05mg (2.73%), Manganese: 0.05mg (2.63%), Potassium: 88.18mg (2.52%), Selenium: 1.64µg (2.35%), Vitamin B6: 0.04mg (2.14%), Zinc: 0.26mg (1.74%), Vitamin C: 1.39mg (1.69%),

Vitamin K: 1.76µg (1.68%), Vitamin B5: 0.17mg (1.66%), Magnesium: 6.37mg (1.59%), Fiber: 0.35g (1.4%), Vitamin B12: 0.08µg (1.35%), Vitamin B1: 0.02mg (1.13%), Folate: 4.49µg (1.12%)