



## Morel Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

SAUCE

## Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons butter
- 0.3 cup flour all-purpose
- 8 ounces mushrooms fresh coarsely chopped
- 1.5 tablespoons sage fresh chopped
- 0.5 cup half-and-half
- 1.5 ounce morel mushrooms dried rinsed drained
- 2 tablespoons olive oil
- 0.8 cup onion finely chopped

- 0.5 teaspoon pepper freshly ground
- 0.8 cup port wine
- 1 teaspoon salt
- 0.5 cup water
- 2 cups water boiling

## Equipment

- frying pan
- slotted spoon

## Directions

- Place morels in 2 cups boiling water; let stand 5 minutes.
- Remove morels with a slotted spoon, reserving broth. Strain broth, discarding any sandy residue in bottom of pan. Chop morels. Set morels and broth aside.
- Heat butter and oil in a large, deep skillet over medium-high heat until butter melts.
- Add fresh mushrooms and onion. Cook, stirring constantly, 5 minutes or until onion is browned; add morels, wine, and vinegar. Reduce heat, and simmer, uncovered, 2 minutes.
- Add reserved broth; bring to a boil, reduce heat, and simmer, uncovered, 3 minutes.
- Combine flour and water, stirring until smooth.
- Add to mushroom mixture. Cook, stirring constantly, 2 minutes or until thickened and smooth. Stir in half-and-half and remaining ingredients. Cook 5 minutes.
- Serve over Yukon Gold Mash.

## Nutrition Facts



**PROTEIN 7.18%** **FAT 59.83%** **CARBS 32.99%**

## Properties

Glycemic Index:62, Glycemic Load:6.13, Inflammation Score:-6, Nutrition Score:13.286086880642%

## Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

## Nutrients (% of daily need)

Calories: 290.98kcal (14.55%), Fat: 16.6g (25.53%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 18.78g (6.83%), Sugar: 8.43g (9.36%), Cholesterol: 10.59mg (3.53%), Sodium: 685.84mg (29.82%), Alcohol: 6.89g (100%), Alcohol %: 2.44% (100%), Protein: 4.48g (8.96%), Copper: 7.14mg (357.13%), Manganese: 0.5mg (25.13%), Vitamin B2: 0.37mg (21.71%), Vitamin B3: 2.92mg (14.58%), Iron: 2.5mg (13.92%), Selenium: 9.51µg (13.59%), Phosphorus: 123.67mg (12.37%), Potassium: 382.49mg (10.93%), Vitamin B5: 1.08mg (10.78%), Vitamin B1: 0.15mg (10.21%), Vitamin E: 1.32mg (8.8%), Folate: 31.61µg (7.9%), Calcium: 75.3mg (7.53%), Fiber: 1.81g (7.24%), Vitamin A: 359.44IU (7.19%), Vitamin B6: 0.13mg (6.47%), Magnesium: 25.83mg (6.46%), Zinc: 0.83mg (5.56%), Vitamin K: 5.16µg (4.91%), Vitamin C: 3.7mg (4.48%), Vitamin D: 0.66µg (4.37%), Vitamin B12: 0.09µg (1.45%)