



## Mushroom Cream Gravy Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



210 kcal

SAUCE

### Ingredients

- 3 tablespoons butter
- 4 ounce button mushrooms sliced
- 1 tablespoon rosemary fresh minced
- 2 cloves garlic minced
- 6 servings ground pepper black to taste
- 1 cup heavy cream
- 6 servings sea salt to taste
- 2 shallots minced

6 tablespoons white wine divided

## Equipment

frying pan

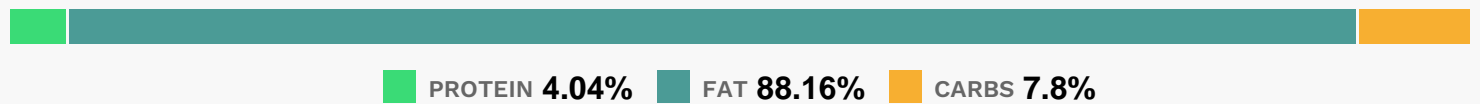
## Directions

Heat butter in a heavy-bottomed pan over medium heat until foamy; cook and stir shallots and garlic in the melted butter for 3 minutes.

Add mushrooms and rosemary; stir to coat, 1 minute.

Pour 1/4 cup white wine into mushroom mixture; cook and stir until mushrooms are golden brown, 3 to 5 minutes. Increase heat to medium-high; add cream and 2 tablespoons white wine. Cook and stir until gravy is creamy and thick, about 5 minutes. Season with salt and pepper; sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:3.8347825952198%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 209.69kcal (10.48%), Fat: 20.1g (30.92%), Saturated Fat: 12.74g (79.65%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.45g (1.26%), Sugar: 2.35g (2.61%), Cholesterol: 59.87mg (19.96%), Sodium: 252.48mg (10.98%), Alcohol: 1.54g (100%), Alcohol %: 2.16% (100%), Protein: 2.07g (4.15%), Vitamin A: 768.75IU (15.37%), Vitamin B2: 0.16mg (9.33%), Phosphorus: 50.55mg (5.05%), Selenium: 3.28µg (4.69%), Vitamin D: 0.67µg (4.48%), Vitamin B5: 0.43mg (4.33%), Manganese: 0.08mg (4.22%), Vitamin B6: 0.08mg (4.19%), Potassium: 145.55mg (4.16%), Copper: 0.08mg (3.89%), Vitamin B3: 0.75mg (3.77%), Calcium: 36.29mg (3.63%), Vitamin E: 0.53mg (3.56%), Fiber: 0.55g (2.2%), Magnesium: 8.6mg (2.15%), Vitamin B1: 0.03mg (2.1%), Folate: 8.4µg (2.1%), Vitamin C: 1.69mg (2.04%),

Vitamin K: 2.07µg (1.97%), Iron: 0.33mg (1.81%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.08µg (1.38%)