



Mushroom Cream Sauce



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



271 kcal

SAUCE

Ingredients

- ☐ 2 garlic cloves finely minced
- ☐ 1 cup heavy cream
- ☐ 0.5 leek roughly chopped
- ☐ 6 ounces portabello mushrooms sliced
- ☐ 5 sage leaves chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons butter unsalted

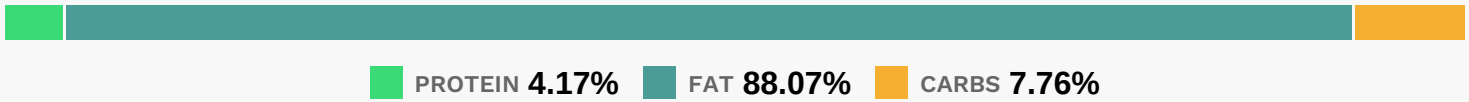
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Melt butter in a saute pan over low heat.
- ☐ Add garlic and sage. Season with salt and pepper.
- ☐ Add the mushrooms, cook 5 minutes until slightly softened.
- ☐ Pour in cream and heat slowly. When the sauce has reached a velvety smooth consistency, remove from stove. Stir in leek and serve immediately with chicken Marsala ravioli.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:6.8926087669704%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 270.94kcal (13.55%), Fat: 27.35g (42.08%), Saturated Fat: 17.31g (108.21%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.64g (1.69%), Sugar: 3.25g (3.62%), Cholesterol: 82.29mg (27.43%), Sodium: 216.93mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin A: 1235.17IU (24.7%), Copper: 0.3mg (15.05%), Selenium: 10.09µg (14.41%), Vitamin B2: 0.17mg (10.27%), Vitamin B3: 2.01mg (10.04%), Phosphorus: 88.32mg (8.83%), Vitamin D: 1.18µg (7.9%), Vitamin K: 7.65µg (7.28%), Potassium: 239.29mg (6.84%), Vitamin B5: 0.67mg (6.69%), Vitamin B6: 0.13mg (6.42%), Manganese: 0.11mg (5.72%), Vitamin E: 0.82mg (5.48%), Folate: 21.66µg (5.42%), Calcium: 51.96mg (5.2%), Fiber: 0.79g (3.15%), Vitamin B1: 0.05mg (3.14%), Zinc: 0.41mg (2.71%), Vitamin C: 2.16mg (2.62%), Iron: 0.46mg (2.55%), Vitamin B12: 0.13µg (2.14%), Magnesium: 7.89mg (1.97%)