



Mushroom Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 3 cups roasted chicken stock
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 0.3 cup madeira wine dry
- ☐ 8 ounce pre mushrooms
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

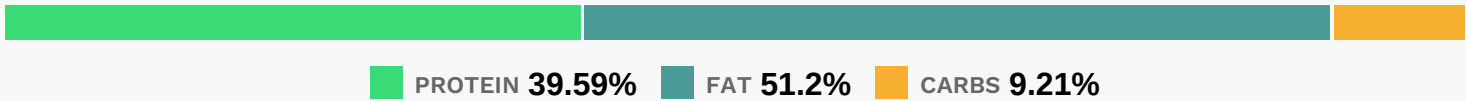
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over medium-high heat.
- ☐ Add onion to pan; saut 1 minute.
- ☐ Add sage, salt, and mushrooms; saut 11 minutes or until mushrooms are browned.
- ☐ Add wine; cook 30 seconds or until liquid almost evaporates. Stir in Roasted Chicken Stock. Boil; cook until reduced to 2 cups (about 14 minutes).
- ☐ Combine flour and water in a bowl, stirring until smooth.
- ☐ Add flour mixture to pan; return to a boil. Reduce heat; simmer 2 minutes or until slightly thickened, stirring occasionally.
- ☐ Remove from heat. Stir in butter, 1 tablespoon at a time, stirring until butter melts. Stir in pepper.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:1.22, Inflammation Score:-2, Nutrition Score:10.968695630198%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 151.46kcal (7.57%), Fat: 8.25g (12.69%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.76g (1%), Sugar: 1.06g (1.18%), Cholesterol: 46.9mg (15.63%), Sodium: 137.06mg (5.96%), Alcohol: 0.77g (100%), Alcohol %: 0.88% (100%), Protein: 14.35g (28.69%), Copper: 3.54mg (176.88%), Vitamin B3: 5.27mg (26.33%), Selenium: 16.12µg (23.03%), Phosphorus: 132.25mg (13.23%), Vitamin B6: 0.26mg (13.06%), Vitamin B2: 0.2mg (12.03%), Vitamin B5: 0.96mg (9.61%), Manganese: 0.17mg (8.48%), Potassium: 237.89mg (6.8%), Zinc: 1.01mg (6.71%), Iron: 1.02mg (5.69%), Vitamin B1: 0.08mg (5%), Magnesium: 17.71mg (4.43%), Folate: 12.1µg (3.03%), Vitamin B12: 0.17µg (2.83%), Fiber: 0.58g (2.32%), Vitamin E: 0.34mg (2.26%), Vitamin A: 109.36IU (2.19%), Calcium: 18.86mg (1.89%), Vitamin C: 1.34mg (1.62%), Vitamin K: 1.42µg (1.36%)