



Mushroom-Red Wine Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon rosemary fresh chopped
- 0.8 teaspoon kosher salt
- 1 pound mushrooms thinly sliced (such as button)
- 0.8 cup red wine
- 2 tablespoons butter unsalted

Equipment

- frying pan

sauce pan

Directions

- Melt the butter in a large skillet or saucepan over medium-high heat.
- Add the mushroom slices and cook until they release their juices and soften, 5 to 7 minutes.
- Add the salt and pepper. Continue to cook until the juices evaporate.
- Add the wine and rosemary. Bring to a simmer. Cook for 3 minutes.
- Pour or spoon the sauce over cooked meat. Good for: Chicken or beef

Nutrition Facts



PROTEIN 16.18% **FAT 61.24%** **CARBS 22.58%**

Properties

Glycemic Index:19.75, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:7.8134783143583%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 114.36kcal (5.72%), Fat: 6.1g (9.38%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.53g (2.81%), Cholesterol: 15.05mg (5.02%), Sodium: 444.42mg (19.32%), Alcohol: 4.77g (100%), Alcohol %: 3.62% (100%), Protein: 3.62g (7.25%), Vitamin B2: 0.47mg (27.83%), Vitamin B3: 4.2mg (21.02%), Copper: 0.37mg (18.51%), Vitamin B5: 1.72mg (17.25%), Selenium: 10.71µg (15.3%), Potassium: 424.53mg (12.13%), Phosphorus: 110.08mg (11.01%), Vitamin B6: 0.15mg (7.29%), Manganese: 0.13mg (6.74%),

Vitamin B1: 0.09mg (6.32%), Folate: 20.5µg (5.13%), Fiber: 1.24g (4.94%), Iron: 0.82mg (4.58%), Zinc: 0.67mg (4.44%), Magnesium: 16.43mg (4.11%), Vitamin A: 191.13IU (3.82%), Vitamin C: 2.49mg (3.02%), Vitamin D: 0.33µg (2.21%), Vitamin E: 0.17mg (1.17%), Calcium: 11.09mg (1.11%)