



WHATSheATE



Mushroom Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1.5 pounds button mushrooms thick sliced
- ☐ 2 cups chicken broth
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 teaspoon lemon zest
- ☐ 1 small onion diced
- ☐ 0.5 cup white wine

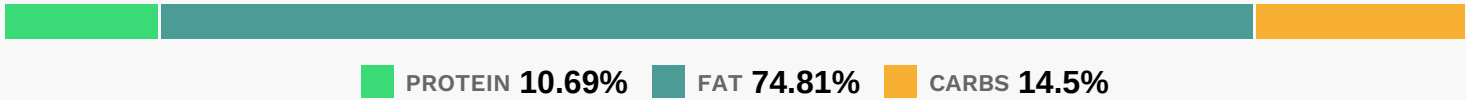
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter over medium heat in a heavy skillet.
- ☐ Add the onion and garlic and saut until translucent, about 4 minutes.
- ☐ Add the mushrooms and cook until they release their liquid and begin to brown, about 10 minutes.
- ☐ Add the thyme, zest, and wine; simmer until the liquid is reduced by half, about 5 minutes.
- ☐ Add the broth, bring to a boil, and simmer 5 minutes. Stir in the cream, salt, and pepper. Simmer until the sauce lightly coats the back of a spoon.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:9.7986954917078%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 204.63kcal (10.23%), Fat: 16.79g (25.83%), Saturated Fat: 10.4g (65%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 5.86g (2.13%), Sugar: 4.45g (4.94%), Cholesterol: 51.41mg (17.14%), Sodium: 517.5mg (22.5%), Alcohol: 2.06g (100%), Alcohol %: 0.98% (100%), Protein: 5.4g (10.79%), Vitamin B2: 0.59mg (34.51%), Vitamin B3: 4.34mg (21.71%), Copper: 0.39mg (19.47%), Vitamin B5: 1.84mg (18.42%), Selenium: 12.3µg (17.58%), Phosphorus: 133.37mg (13.34%), Vitamin A: 660.13IU (13.2%), Potassium: 452.74mg (12.94%), Manganese: 0.17mg (8.62%), Vitamin B6: 0.17mg (8.51%), Vitamin B1: 0.13mg (8.34%), Folate: 23.58µg (5.9%), Fiber: 1.46g (5.84%), Vitamin D: 0.86µg (5.74%), Vitamin C: 4.54mg (5.51%), Zinc: 0.81mg (5.37%), Iron: 0.83mg (4.64%), Magnesium: 18.08mg (4.52%), Calcium: 42mg (4.2%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.13µg (2.14%), Vitamin K: 1.85µg (1.76%)