

Mushroom Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



41 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 8 ounce pre mushrooms
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup white wine

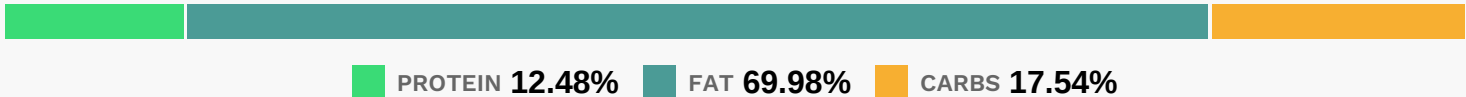
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add the mushrooms and thyme to pan; saut for 4 minutes or until mushrooms are lightly browned. Stir in broth, wine, cornstarch, salt, and pepper; cook 2 minutes or until sauce is slightly thickened.
- ☐ Remove from heat; add butter, stirring until butter melts.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:2.0447826100432%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 40.66kcal (2.03%), Fat: 2.94g (4.52%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.64g (0.71%), Cholesterol: 7.53mg (2.51%), Sodium: 88.21mg (3.84%), Alcohol: 0.77g (100%), Alcohol %: 1.77% (100%), Protein: 1.18g (2.36%), Vitamin B2: 0.12mg (6.91%), Vitamin B3: 1.04mg (5.19%), Copper: 0.09mg (4.63%), Vitamin B5: 0.43mg (4.33%), Selenium: 2.69µg (3.85%), Potassium: 128.28mg (3.67%), Phosphorus: 26.95mg (2.69%), Vitamin A: 99.51IU (1.99%), Vitamin B6: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.58%), Manganese: 0.03mg (1.54%), Fiber: 0.33g (1.32%), Folate: 5.12µg (1.28%), Vitamin C: 1mg (1.21%), Iron: 0.21mg (1.18%), Zinc: 0.16mg (1.1%)