

Mushroom Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



29 kcal

SAUCE

Ingredients

- 1 tablespoon arrowroot powder
- 1 bay leaf
- 2 cups beef broth
- 8 servings pepper black freshly ground
- 1 tablespoon butter
- 0.5 teaspoon thyme leaves dried
- 0.5 cup mushrooms chopped
- 0.3 cup red wine

- 8 servings salt to taste
- 1 tablespoon shallots minced

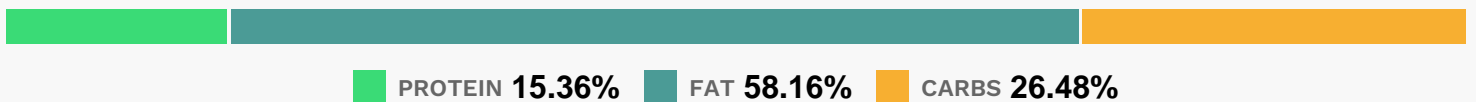
Equipment

- bowl
- frying pan
- whisk

Directions

- In a medium saute pan, melt 1/4 cup butter over medium heat.
- Add sliced mushrooms; cook and stir until soft.
- Remove mushrooms from pan, and set aside.
- Add 1 tablespoon butter to pan, and melt .
- Add shallots; cook and stir until translucent.
- Add mushrooms, and cook until soft.
- Add thyme, bay leaf, and red wine. Reduce.
- In a small bowl, dissolve arrowroot in 1/4 cup cold beef broth. Stir remaining broth into sauce, and bring to a boil.
- Whisk in arrowroot mixture, and stir until thick.
- Add reserved mushrooms. Season to taste with freshly ground black pepper and salt.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.86, Inflammation Score:-1, Nutrition Score:1.1273912923492%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg,

Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg
Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg,
Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin:
0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol:
0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin:
0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 29.38kcal (1.47%), Fat: 1.58g (2.44%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 1.62g (0.54%), Net
Carbohydrates: 1.44g (0.52%), Sugar: 0.27g (0.3%), Cholesterol: 3.76mg (1.25%), Sodium: 429.07mg (18.66%),
Alcohol: 0.8g (100%), Alcohol %: 1.29% (100%), Protein: 0.94g (1.88%), Vitamin B3: 0.71mg (3.55%), Vitamin B2:
0.04mg (2.37%), Manganese: 0.05mg (2.31%), Potassium: 67.65mg (1.93%), Phosphorus: 16.2mg (1.62%), Iron:
0.28mg (1.55%), Selenium: 1.03µg (1.48%), Vitamin K: 1.4µg (1.33%), Copper: 0.02mg (1.17%), Vitamin B5: 0.11mg
(1.12%), Vitamin B6: 0.02mg (1.09%)