



Mushroom, sherry & grain mustard sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 200 g mushrooms quartered
- ☐ 1 garlic clove crushed
- ☐ 1 sprig thyme leaves
- ☐ 150 ml sherry dry
- ☐ 1 tbsp balsamic vinegar
- ☐ 150 ml marigold swiss vegetable bouillon powder (with a good bouillon powder)
- ☐ 2 tbsp crème fraîche

- ☐ 1 tbsp coarse mustard
- ☐ 2 tbsp flat parsley chopped

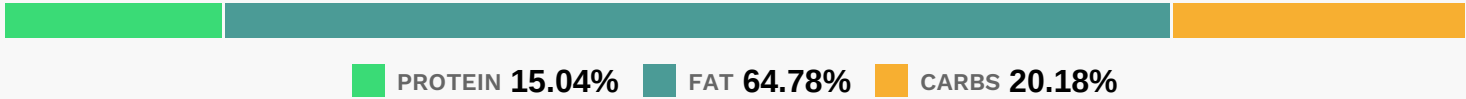
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan and fry the mushroomswith the garlic and thyme, stirring until softened.
- ☐ Pour in 100ml sherry and cook until reduced to a glaze, about 3 mins.
- ☐ Add the vinegar and cook for a few secs more.
- ☐ Mix in the remaining sherry and the stock, bring to the boil and simmer for 3 mins.
- ☐ Remove the garlic and thyme, then mix in the crme frache and mustard.
- ☐ Pour in any juices from the steak, then add the parsley.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.96, Inflammation Score:-6, Nutrition Score:10.195652098759%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 234.63kcal (11.73%), Fat: 15.32g (23.57%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.96g (3.62%), Sugar: 8.5g (9.45%), Cholesterol: 7.29mg (2.43%), Sodium: 9799.86mg (426.08%), Alcohol: 3.92g (100%), Alcohol %: 3.25% (100%), Protein: 8g (16.01%), Vitamin K: 38.99µg (37.14%),

Selenium: 16.64µg (23.78%), Vitamin B2: 0.31mg (18.49%), Phosphorus: 181.73mg (18.17%), Vitamin B3: 3.58mg (17.91%), Vitamin E: 2.38mg (15.88%), Manganese: 0.28mg (14.08%), Potassium: 386.02mg (11.03%), Vitamin B5: 0.92mg (9.23%), Copper: 0.17mg (8.59%), Vitamin B6: 0.16mg (8.15%), Magnesium: 31.85mg (7.96%), Vitamin B12: 0.41µg (6.79%), Folate: 24.53µg (6.13%), Iron: 1.05mg (5.85%), Vitamin B1: 0.08mg (5.35%), Vitamin C: 4.28mg (5.19%), Vitamin A: 212.04IU (4.24%), Calcium: 42.02mg (4.2%), Fiber: 0.77g (3.1%), Zinc: 0.39mg (2.57%)