



Mushrooms in White Wine Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



115 kcal

SAUCE

Ingredients

- ☐ 1 cube chicken bouillon
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 clove garlic minced
- ☐ 1 pound mushrooms sliced
- ☐ 0.3 cup onion chopped
- ☐ 6 servings salt and pepper to taste

- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup water divided

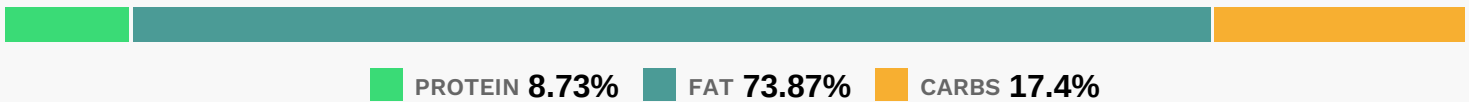
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat. Stir in onions and garlic, and cook until tender, about 5 minutes. Stir in mushrooms, 1/2 cup water, wine, and chicken bouillon. Season with basil, salt, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally.
- ☐ Mix together cornstarch with 1/4 cup water. Stir into mushrooms, and cook until thickened, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:5.9304347897515%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 114.61kcal (5.73%), Fat: 9.35g (14.39%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.98g (2.2%), Cholesterol: 0mg (0%), Sodium: 200.81mg (8.73%), Alcohol: 1.03g (100%), Alcohol %: 0.96% (100%), Protein: 2.49g (4.97%), Vitamin B2: 0.31mg (18.17%), Vitamin K: 17.5µg (16.67%), Vitamin B3: 2.76mg (13.78%), Copper: 0.25mg (12.61%), Vitamin B5: 1.15mg (11.5%), Selenium: 7.2µg (10.28%), Potassium: 263.67mg (7.53%), Phosphorus: 70.45mg (7.05%), Vitamin B6: 0.1mg (5.05%), Vitamin E: 0.76mg (5.05%), Vitamin B1: 0.07mg (4.46%), Fiber: 0.95g (3.78%), Folate: 14.79µg (3.7%), Manganese: 0.07mg

(3.62%), Vitamin C: 2.4mg (2.91%), Zinc: 0.43mg (2.89%), Iron: 0.48mg (2.66%), Magnesium: 9.46mg (2.36%),
Vitamin D: 0.15µg (1.01%)