



Mustard-Cream Pan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SAUCE

Ingredients

- ☐ 0.5 cup chicken broth low-sodium canned
- ☐ 2 tablespoons heavy cream
- ☐ 2 tablespoons mustard coarse-grain

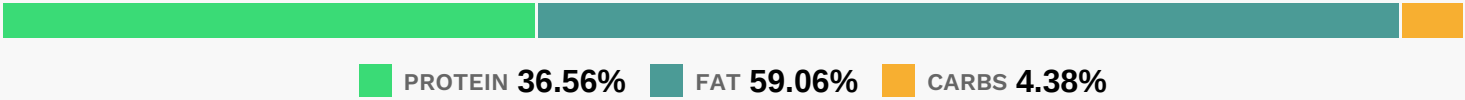
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Combine broth and mustard in a measuring cup.
- ☐ Pour contents of the measuring cup into a heated skillet; boil until liquid is reduced by about half. Tilt skillet so that the liquid is at one side of the pan, then whisk in cream until sauce is smooth. Spoon sauce over cooked steaks and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3286956354328%

Nutrients (% of daily need)

Calories: 77.48kcal (3.87%), Fat: 5.04g (7.75%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.33g (0.36%), Cholesterol: 21.29mg (7.1%), Sodium: 208.04mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Selenium: 7.49µg (10.7%), Phosphorus: 51.66mg (5.17%), Zinc: 0.71mg (4.71%), Vitamin B12: 0.27µg (4.47%), Vitamin B3: 0.66mg (3.31%), Vitamin A: 160.93IU (3.22%), Vitamin B6: 0.06mg (2.82%), Vitamin B2: 0.04mg (2.63%), Iron: 0.46mg (2.55%), Magnesium: 8.99mg (2.25%), Potassium: 57.58mg (1.65%), Manganese: 0.03mg (1.57%), Calcium: 13.26mg (1.33%), Fiber: 0.32g (1.29%), Vitamin E: 0.18mg (1.18%), Vitamin B1: 0.02mg (1.04%)