



Port-Wine Mushroom Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 cup beef broth
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.1 teaspoon rosemary dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup red wine sweet
- ☐ 0.3 cup shallots minced
- ☐ 3.5 ounces mushroom caps sliced

- ☐ 1 teaspoon tomato paste
- ☐ 2 teaspoons worcestershire sauce

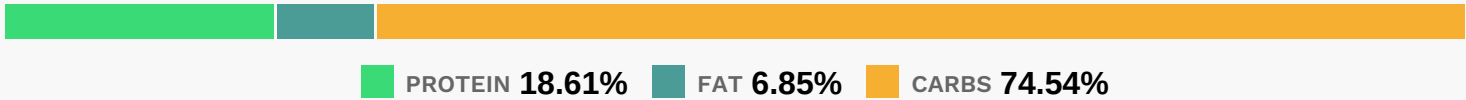
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mushrooms and flour in a bowl; toss well.
- ☐ Combine wine, shallots, and vinegar in a medium skillet. Bring to a boil; cook until thick (about 3 minutes). Reduce heat to medium.
- ☐ Add broth, Worcestershire, tomato paste, and rosemary; cook 1 minute.
- ☐ Add mushroom mixture; cook 3 minutes, stirring constantly. Stir in mustard.

Nutrition Facts



Properties

Glycemic Index:87.25, Glycemic Load:2.5, Inflammation Score:-2, Nutrition Score:3.5186956732169%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 54.56kcal (2.73%), Fat: 0.32g (0.49%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 6.49g (2.36%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 286.69mg (12.46%), Alcohol: 2.12g (100%), Alcohol %: 2.06% (100%), Protein: 1.93g (3.86%), Vitamin B3: 1.69mg (8.43%), Manganese: 0.16mg (7.89%), Vitamin B6: 0.15mg (7.28%), Potassium: 229.26mg (6.55%), Phosphorus: 55.56mg (5.56%), Vitamin B2: 0.09mg (5.38%), Fiber: 1.23g (4.93%), Iron: 0.8mg (4.46%), Vitamin B5: 0.45mg (4.45%), Selenium: 2.99µg (4.28%), Magnesium: 13.89mg (3.47%), Folate: 13.56µg (3.39%), Copper: 0.07mg (3.31%), Zinc: 0.38mg (2.52%), Vitamin C: 1.91mg (2.31%), Vitamin B1: 0.03mg (2.25%), Calcium: 16.71mg (1.67%)