



Portobello-Marsala Sauce

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



5

CALORIES



237 kcal

BEVERAGE

DRINK

Ingredients

- 8 ounce baby portobello mushrooms sliced
- 3 tablespoons butter cold divided
- 1 cup chicken broth
- 3 garlic cloves minced
- 2 cups marsala wine
- 2 large shallots diced

Equipment

- frying pan

Directions

- Melt 1 tablespoon butter in a medium skillet over high heat; add mushrooms, and saut 10 minutes or until mushrooms are browned and liquid is evaporated.
- Add 1 tablespoon butter, garlic, and shallots to skillet; saut 5 minutes. Stir in Marsala and chicken broth, stirring to loosen browned bits from bottom of skillet. Bring to a boil, and cook 20 minutes or until reduced by two-thirds.
- Remove from heat, and stir in remaining 1 tablespoon butter.
- *1 (8-ounce) package sliced button mushrooms may be substituted.

Nutrition Facts

PROTEIN 5.35% **FAT 45.27%** **CARBS 49.38%**

Properties

Glycemic Index:22, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:4.945217381353%

Flavonoids

Petunidin: 6.36mg, Petunidin: 6.36mg, Petunidin: 6.36mg, Petunidin: 6.36mg Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg Malvidin: 91.04mg, Malvidin: 91.04mg, Malvidin: 91.04mg, Malvidin: 91.04mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 9.47mg, Catechin: 9.47mg, Catechin: 9.47mg, Catechin: 9.47mg Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 236.51kcal (11.83%), Fat: 7.09g (10.91%), Saturated Fat: 4.35g (27.21%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 16.45g (5.98%), Sugar: 9.61g (10.68%), Cholesterol: 19mg (6.33%), Sodium: 242.61mg (10.55%), Alcohol: 14.69g (100%), Alcohol %: 8.93% (100%), Protein: 1.89g (3.77%), Selenium: 9.56µg (13.66%), Vitamin B3: 2.38mg (11.91%), Manganese: 0.23mg (11.32%), Copper: 0.19mg (9.71%), Potassium: 304.52mg (8.7%), Phosphorus: 70.28mg (7.03%), Vitamin B2: 0.11mg (6.52%), Vitamin B6: 0.12mg (6.21%), Vitamin B5: 0.6mg (6.01%), Vitamin B1: 0.06mg (4.26%), Vitamin A: 211.42IU (4.23%), Folate: 16.41µg (4.1%), Fiber: 0.95g (3.79%), Iron: 0.56mg (3.09%), Magnesium: 11.83mg (2.96%), Zinc: 0.41mg (2.73%), Calcium: 19.89mg (1.99%), Vitamin C: 1.36mg (1.65%), Vitamin E: 0.23mg (1.52%)