



Savory Mushroom Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 1 cup chicken broth
- 0.3 cup cooking wine dry white
- 2 tablespoons flour all-purpose
- 10.5 ounce mushroom caps fresh sliced
- 1 garlic clove minced
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- frying pan
- whisk
- slotted spoon

Directions

- Melt butter in a skillet; add mushrooms and garlic, and saut until tender.
- Remove mushrooms with a slotted spoon, reserving drippings in skillet.
- Whisk flour into reserved drippings until smooth. Cook, whisking constantly, until lightly browned. Gradually add wine and broth; cook over medium heat, whisking constantly, until thickened and bubbly. Stir in salt and pepper.
- Add mushrooms; cook, stirring constantly, until sauce is thoroughly heated.

Nutrition Facts

PROTEIN 10.1% **FAT 54.64%** **CARBS 35.26%**

Properties

Glycemic Index:23, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:2.9995651977218%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.27kcal (2.66%), Fat: 3.08g (4.74%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.09g (1.21%), Cholesterol: 0.59mg (0.2%), Sodium: 291.17mg (12.66%), Alcohol: 0.77g (100%), Alcohol %: 1.22% (100%), Protein: 1.28g (2.56%), Vitamin B3: 1.63mg (8.15%), Manganese: 0.14mg (6.76%), Vitamin B2: 0.11mg (6.49%), Vitamin B6: 0.12mg (5.94%), Vitamin B5: 0.58mg (5.78%), Phosphorus: 47.7mg (4.77%), Selenium: 2.94µg (4.2%), Fiber: 1g (4.02%), Potassium: 129.57mg (3.7%), Copper: 0.06mg (3.12%), Zinc: 0.43mg (2.88%), Vitamin A: 126.16IU (2.52%), Magnesium: 9.21mg (2.3%), Folate: 8.4µg (2.1%), Vitamin B1: 0.03mg (1.87%), Iron: 0.29mg (1.63%)