



Shallot Gravy

READY IN



45 min.

SERVINGS



3

CALORIES



411 kcal

SAUCE

Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 1.5 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh whole quartered
- ☐ 3 servings garnish: parsley chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 3 shallots finely chopped
- ☐ 0.3 cup heavy whipping cream sour

☐ 0.3 cup whipping cream

Equipment

☐ frying pan

☐ sauce pan

☐ whisk

Directions

☐ Melt 2 tablespoons butter in a large saucepan over medium-high heat; add mushrooms and shallots, and saute 3 to 5 minutes or until tender.

☐ Remove from pan.

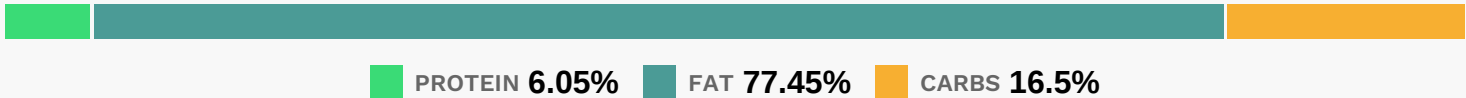
☐ Melt remaining butter in saucepan over medium-high heat; whisk in flour. Cook, whisking constantly, 1 minute.

☐ Whisk in chicken broth until smooth, and cook, whisking constantly, until slightly thickened. Stir in whipping cream and sour cream.

☐ Add mushrooms, shallots, salt, and pepper. Cook, stirring constantly, until thoroughly heated.

☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:7.4, Inflammation Score:-8, Nutrition Score:14.639130664908%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 411.06kcal (20.55%), Fat: 36.48g (56.12%), Saturated Fat: 12.78g (79.86%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 15.43g (5.61%), Sugar: 5.46g (6.07%), Cholesterol: 43.54mg (14.51%), Sodium: 1497.5mg

(65.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Vitamin K: 67.51µg (64.3%), Vitamin A: 1851.84IU (37.04%), Vitamin B2: 0.53mg (30.97%), Vitamin B3: 3.75mg (18.74%), Selenium: 12.86µg (18.37%), Copper: 0.31mg (15.62%), Vitamin B5: 1.44mg (14.36%), Manganese: 0.29mg (14.35%), Phosphorus: 135.16mg (13.52%), Vitamin B1: 0.2mg (13.23%), Potassium: 443.79mg (12.68%), Folate: 49.04µg (12.26%), Vitamin C: 9.29mg (11.27%), Vitamin B6: 0.19mg (9.68%), Iron: 1.57mg (8.72%), Vitamin E: 1.29mg (8.59%), Fiber: 2.05g (8.21%), Calcium: 70.47mg (7.05%), Magnesium: 22.72mg (5.68%), Zinc: 0.82mg (5.49%), Vitamin D: 0.57µg (3.83%), Vitamin B12: 0.16µg (2.74%)