



Sherried Mushroom Spread

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup chicken broth
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon tarragon dried fresh chopped
- ☐ 9 servings garnishes: green onion fresh thinly sliced sliced chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.8 teaspoon salt
- ☐ 2 shallots minced

- ☐ 6 cups mushroom caps finely chopped
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup butter unsalted

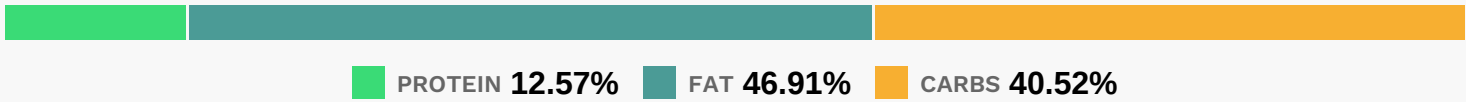
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add mushrooms and shallots. Saut 6 to 7 minutes or until mushrooms release moisture.
- ☐ Sprinkle with salt and pepper; stir well.
- ☐ Sprinkle with flour, stirring to coat mushrooms; cook 1 minute.
- ☐ Add sherry, broth, and tarragon; simmer, uncovered, 10 to 15 minutes or until liquid is absorbed, stirring occasionally.
- ☐ Remove from heat; stir in sour cream.
- ☐ Spoon mixture into a serving bowl.
- ☐ Garnish, if desired.
- ☐ Spread on melba toast rounds or crostini.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:3.59, Inflammation Score:-5, Nutrition Score:11.7699999991293%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

0.65mg

Nutrients (% of daily need)

Calories: 136.03kcal (6.8%), Fat: 7.24g (11.14%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 9.85g (3.58%), Sugar: 4.63g (5.14%), Cholesterol: 17.85mg (5.95%), Sodium: 309.71mg (13.47%), Alcohol: 1.37g (100%), Alcohol %: 0.8% (100%), Protein: 4.36g (8.73%), Vitamin B3: 6.13mg (30.66%), Vitamin B6: 0.49mg (24.66%), Manganese: 0.48mg (23.86%), Vitamin B5: 2.32mg (23.25%), Vitamin B2: 0.38mg (22.46%), Phosphorus: 188.45mg (18.84%), Fiber: 4.22g (16.87%), Potassium: 542.16mg (15.49%), Selenium: 9.71µg (13.87%), Vitamin K: 13.06µg (12.44%), Copper: 0.24mg (11.94%), Zinc: 1.7mg (11.34%), Magnesium: 37.98mg (9.49%), Folate: 31.21µg (7.8%), Iron: 1.17mg (6.51%), Vitamin A: 290.61IU (5.81%), Vitamin D: 0.7µg (4.65%), Vitamin B1: 0.05mg (3.47%), Calcium: 28.98mg (2.9%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.22mg (1.45%)