



Sherried Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.5 cup chicken broth
- 2 tablespoons flour all-purpose
- 1 pound mushrooms fresh cleaned
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 2 tablespoons cooking sherry
- 0.5 cup water

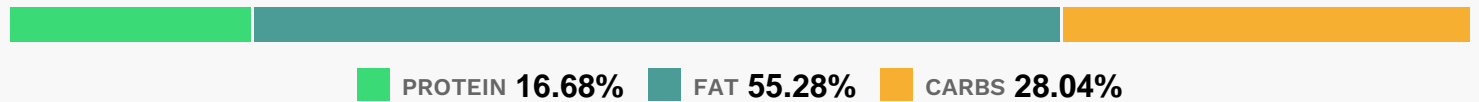
Equipment

- frying pan
- sauce pan
- oven

Directions

- Place mushrooms on a lightly greased 15- x 10- x 1-inch jellyroll pan.
- Add water.
- Bake at 275 for 30 minutes.
- Transfer mushrooms to a serving dish; reserve liquid in pan.
- Melt butter in a small saucepan over low heat.
- Add flour; stir until smooth. Cook 1 minute, stirring constantly. Gradually add chicken broth and reserved liquid; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in salt, pepper, and sherry.
- Pour sauce over mushrooms.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:3.9665217182559%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 48.5kcal (2.42%), Fat: 3.06g (4.71%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.23g (1.36%), Cholesterol: 0.29mg (0.1%), Sodium: 163.97mg (7.13%), Alcohol: 0.39g (100%), Alcohol %: 0.51% (100%), Protein: 2.08g (4.15%), Vitamin B2: 0.25mg (14.57%), Vitamin B3: 2.19mg (10.97%), Copper: 0.19mg (9.41%), Vitamin B5: 0.86mg (8.63%), Selenium: 5.97µg (8.53%), Potassium: 189.52mg

(5.41%), Phosphorus: 52.9mg (5.29%), Vitamin B1: 0.06mg (4.29%), Folate: 13.15µg (3.29%), Vitamin B6: 0.06mg (3.1%), Manganese: 0.05mg (2.74%), Vitamin A: 125.66IU (2.51%), Fiber: 0.63g (2.5%), Iron: 0.39mg (2.19%), Zinc: 0.32mg (2.17%), Magnesium: 6.35mg (1.59%), Vitamin C: 1.2mg (1.45%)